

2013/14 **Natural
Choice
Directory**
naturalchoice.net



Puget Sound
FREE 



Editions of Sustainability



Green Living



Natural Health



Food & Supplements



Mind & Spirit


We Care About You


Natural dental care means preserving as much of your natural tooth as possible. We'll strengthen & improve what you have instead of drilling it away or covering it up. You'll like our gentle holistic approach & sensitivity to your preferences.


We Care About the Environment

We've taken some important steps to reduce waste and have eliminated several disposable toxins.


- ✂ Distinguished member of Greenworks
- ✂ Dramatically reduced office waste
- ✂ Protection of the environment by maximum reduction & elimination of toxic materials
- ✂ HEPA filters, clean air
- ✂ Highest OSHA, WISHA, EPA compliance possible
- ✂ State of the art mercury separator prevents the release of toxic materials into the environment


 <http://www.youtube.com/naturaldentist1111>


 <http://www.facebook.com/naturaldentist>

 <http://www.twitter.com/naturaldentists>

Check KKNW 1150 AM for Dr. Saepoff's radio appearances

 <http://dentalmdradio.com/about/>

 <https://www.facebook.com/pages/DentalMDRadio/295518767215075>

 <https://twitter.com/DentalMD>

Most insurance covers a portion of fee



EnviroStar Business
5 Star Rated





(425) 427-8899

240 NW Gilman, #114, Issaquah
www.naturaldentist.com

Jessica Saepoff, DDS

Rated One of the Top Dentists
– Seattle Magazine Jan 2002
2011 King County
Green Globe Award Winner

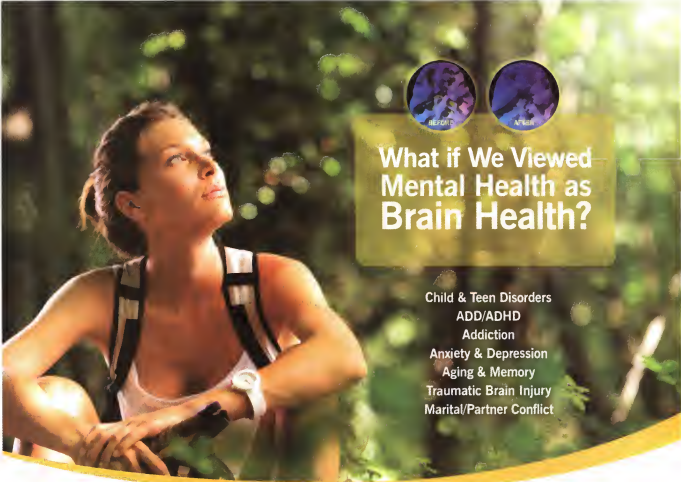
- ☞ Sedation available - please ask if interested
- ☞ Sleep apnea appliances available
- ☞ Conservation of natural tooth structure
- ☞ Children's and adult holistic dentistry
- ☞ Orthodontics, invisible braces option
- ☞ Solid resin or ceramic onlays and crowns
- ☞ Metal-free fillings with biocompatible materials
- ☞ Cosmetic dentistry
- ☞ Laser periodontal & other soft tissue lesion treatment
- ☞ Advanced oral cancer & HPV screening available
- ☞ Referrals available to other holistic practitioners
- ☞ Computed radiography, 90% less X-RAY exposure
- ☞ TMJ evaluation and treatment available
- ☞ Non-surgical periodontal treatment
- ☞ Metal-free dentures
- ☞ Tooth whitening available
- ☞ Latex free / latex safe
- ☞ Biocompatible products used
- ☞ Family friendly, caring atmosphere

Founder of:

Natural Dental Alliance
Natural Dental Health Associates

Member of:

American Dental Association
International Association for
Orthodontics
Dental Organization for
Conscious Sedation
American Academy of
Craniofacial Pain
Academy of
Dental Sleep Medicine
Academy of General Dentistry
International Academy of
Oral Medicine & Toxicology
International Academy of
Biological Dentistry & Medicine



What if We Viewed Mental Health as Brain Health?

- Child & Teen Disorders
- ADD/ADHD
- Addiction
- Anxiety & Depression
- Aging & Memory
- Traumatic Brain Injury
- Marital/Partner Conflict

The Amen Clinics Deliver Treatment Breakthroughs by Looking at the Brain

Millions of Americans deal with common mental health challenges, and many are frustrated by typical mainstream options.

There is hope! Successful assessment and treatment must care for the whole person, including lifestyle and nutritional choices. That's where our Full Evaluation starts. At Amen Clinics, we use a holistic clinical assessment in addition to targeted lab work and SPECT neuroimaging to see what the brain needs. We view most mental health conditions as brain health challenges.

Our innovative strategies have resulted in the nation's leading Positive Outcome rate. In a recent six-month Outcome Study of 500 Amen Clinics' patients of varying ages, 85% reported improved quality of life after implementing their personalized protocols.*

*Amen, DG, Jourdain, M, Taylor, DV, Pigott, HE, Willeumier, K: Multi-Site, Six Month Outcome Study of Complex Psychiatric Patients Evaluated with Addition of Brain SPECT Imaging. In Press *Advances in Mind-Body Medicine*.

Brain Optimization for ALL People

Not only do we serve patients with specific mental health challenges we provide targeted programs for those who want to help their brain function at its very best. Our comprehensive assessment with Brain SPECT neuroimaging can advise dietary choices and supplementation that will revolutionize your level of focus, concentration and memory.



CALL TODAY!



Snohomish Naturopathic Clinic

360.568.2686

SnohomishNaturopathic.com

Comprehensive Natural Medicine
for Men, Women and Children

Acupuncture & Oriental Medicine

Breast Thermography

Chelation & IV Vitamin Therapy

Specialty Testing:

- Food Sensitivities
- Vitamins and Minerals
- Comprehensive Hormone Panels
- Heavy Metals and Toxins

HCG Weight Loss Program

Bio-Identical Hormone Replacement
and Anti-Aging for Men & Women

Therapeutic Massage

Primary Care, Naturally!



Michelle Torrance,
ND, LAc



Allison Novins,
ND



Lori Bernethy,
LMP, Aesthetician



Olivia Franks,
ND, CTT



Sam Weng,
LAc

Located at
1101 Avenue D
in Snohomish.

Accepting all major
insurance plans.

Breast Thermography



*Radiation-Free Alternative
to Mammography!*

Non-invasive. No Compression. No Contact.

Safe in pregnancy &
for women with implants.

Physician-Grade Skincare

*Specializing in results-oriented
treatments for acne and aging.*

- Micropeel & Microdermabrasion
- Permanent Cosmetics
- Facials & Cryotherapy
- Detox/Weight Loss Body Wraps
- Tinting & Waxing

*The health and wellness of
the body is reflected in the
beauty of the skin.*

 SKINCEUTICALS



Dr. Tom Lee, DDS, MPH

Cosmetic, Restorative & Implant Dentistry

425.226.2100



Metal-free natural aesthetic dentistry
Digital x-ray with 90% less radiation
Non-surgical perio treatment

All Facets of Dentistry
focusing on cosmetic, holistic,
implants & Invisalign®

Your Beautiful Smile is Priceless

Your smile is an indication of your well-being.

Your smile has great impact on your health, self-esteem, personal & professional lives.

Your smile may make a difference.

The good news is that, due to the many modern advancements in dental medicine, and the artistry of Dr. Tom Lee, you too can have a beautiful, strong and healthy smile.

Fairwood Aesthetic Dentistry

14300 SE Petrovitsky Rd., Renton • www.tomleedds.com • tomleedds@gmail.com

Member: Academy of Cosmetic Dentistry, Holistic Dental Association, Academy of General Dentistry, American Dental Assoc., Washington State Dental Assoc., Seattle King County Dental Assoc., International Congress of Oral Implantologists.





Stellar Reflections

Discover your true light
through healing and transformation
with **Christine Upchurch, M.S.**

Founder & Director, Stellar Reflections
Host, The Christine Upchurch Show

Offering:

Transformational
Workshops

Healing
(in-person and distance)

111™ and 222™
Activations

The Reconnection®

Practitioner Training
Worldwide

The activations offered at Stellar Reflections create a new energetic pattern within your vibrational field to help you shift into a new pattern of experience within your life. Following their sessions, many clients have reported:

- Gaining greater clarity
- Becoming more authentic
- Manifesting their desires more easily
- Feeling more energetic
- Becoming more intuitive
- Experiencing greater physical and emotional wellbeing

"The activations have transformed my life." —B.G., Redmond, WA



THE Christine Upchurch SHOW

Stellar Conversations to Illuminate Your Journey

Fridays at 11 am Pacific KKNW AM 1150 Seattle
Nationally syndicated, including Cable Radio Network (CRN)
& TransformationTalkRadio.com worldwide

"What a wonderful show. I really appreciate the way Christine and her special guests are able to dive deeply into so many interesting topics, offering me new insights and inspiration. Thank you!" —B.D., Federal Way, WA

www.StellarReflections.com

425-999-9836

Alexandar School of Natural Therapeutics

Study the Art of Massage at Alexandar

11-month program designed for busy lifestyles
 Convenient class schedule. Classes begin every Jan, Mar, Jun & Sep
 Unique non-traditional classroom experience
 Hands on training
 Massage focused curriculum
 Internship program in a professional massage clinic
 Job placement assistance
 Financial assistance, tuition free work-study available

**Injury Treatment Massage • Swedish Massage • Stone Massage
 Myofascial & Trigger Point Therapies • Spa Treatments**

Also available

Low price massage in our massage clinic and day spa
 Continuing education



ALEXANDAR
 SCHOOL OF NATURAL THERAPEUTICS

253.473.1142

AlexandarMassage@nwlinc.com
 AlexandarMassageSchool.com

Established 1979

Female founded and directed
 Over 30 years experience
 Locally owned, amta member
 ncbtmb assigned school



Holistic Focus High-Tech Approach Beautiful Results

**Let us make your
 Beautiful Smile reflect your
 Healthy, Holistic Lifestyle**

Dr. Duane Jones combines state-of-the-art dental techniques with an ultra-safe, holistic approach that recognizes the relationship between our dental health & our whole body health.

- Biological Root Canals: You don't have to lose your teeth
- Ozone: Nature's own disinfectant
- Low Level Laser: Using light energy to reduce inflammation and pain
- Implants: Computer designed and guided for predictable results
- Zirconium Crowns: Beautiful life-like crowns with NO metal
- Laser Diagnosis of Cavities: More accurate than x-rays
- Laser Soft Care: Periodontal disease treatment using the latest laser technology
- Cone Beam CT Scans: Give a 3D image for better diagnosis
- All Digital X-rays: Up to 90% less radiation
- Safe Mercury Removal: IAOMT protocol
- Neuromuscular Denture = Better fit and comfort
- Monitored Sedation: DOCS protocol
- Functional Jaw Orthodontics = Beautiful broad smiles, healthy jaw joints, end of ear pain, infections
- Ask about the impact of snoring to your general health: We have an alternative to your CPAP



*Schedule a NO charge,
 NO pressure "meet and greet"*

Duane L. Jones, DDS
253.941.8000

33507 9th Ave S, Bldg E,
 Federal Way, WA
 CenterForAdvancedDental.net

**Guilt Free
 Dental Experience**
 We will never lecture or
 ridicule our patients for
 their past dental history

**WE'RE HERE TO HELP YOU
 FROM TODAY FORWARD**



Water's Edge

NATURAL HEALTH SERVICES

ANTI-AGING & REGENERATIVE MEDICINE

20 Years Experience with
BIO-IDENTICAL HORMONES
National Experts since 1990

RESTORE YOUR VITALITY

Specializing
in treating:

- Fatigue & Forgetfulness
- Hot Flashes & Night Sweats
- Mood Swings & PMS
- Depression
- Maldigestion

Blending
Traditional
& Natural
Medicine

- Anti-Aging Therapies
- Bio-Identical Hormones
- Hormone Safety Testing
- Metabolic Detox Cleansing
- Acupuncture & Herbal Medicine
- Nutrition Coaching
- Infra-red Sauna & IV Therapy
- Oral HCG - Weight Loss Plan



Dr. Marina Abrams
MD, ND, MSAOM



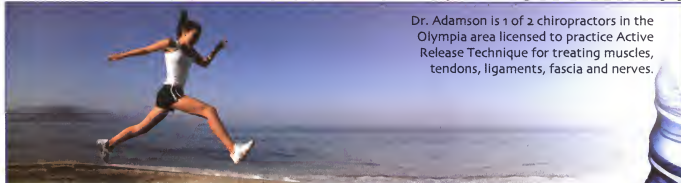
Helping patients in Washington,
Idaho, Alaska, Montana

Early AM &
Evening Appts

206-283-1383

~ naturopathic.com ~

SPORT INJURIES.. NECK & BACK PAIN..



Dr. Adamson is 1 of 2 chiropractors in the Olympia area licensed to practice Active Release Technique for treating muscles, tendons, ligaments, fascia and nerves.

We Specialize In

Sports Injuries • Neck & Back Pain
Tendonitis • Knee Problems
Sciatica • Shoulder Conditions
Plantar Fasciitis • And more

Increase

Circulation
Oxygen/Nutrients
Delivery
Flexibility
Training Effectiveness

Reduce

Pain, Adhesions
Recovery Time
Muscle Spasms
Chance of Injury



Adamson Chiropractic

360.923.1717 • ChiropractorOlympiaWA.com

Dr. Adamson became interested in chiropractic medicine when she was severely injured. Choosing chiropractic care over surgery, she became pain free and started competing again.



DR. DICK SHEPARD

"not your ordinary chiropractor"

For months, a friend had been advising me to visit her chiropractor, Dr. Dick Shepard. I wasn't looking forward to visiting yet another new healthcare provider. I knew they all meant well, but so often, I left healthcare offices feeling unseen and unheard, and definitely, unhealthy. However, my friend had assured me that Dr. Shepard was not your ordinary chiropractor!



Almost within moments of stepping inside Dr. Shepard's office, I realized this experience would, indeed, be different, and my tension began to evaporate. Just being there felt good. I also quickly learned that Network Care or NSA is unlike other chiropractic methods. It could be considered deeper, and yet it usually feels much gentler than a conventional chiropractic adjustment. The patient's only task during an adjustment is to relax and breathe while Dr. Shepard uses gentle, triggering touches to help the body release tension. Dr. Shepard explains that he "is looking for tension in the body, which the patient might not even know is there".

He has discovered that most people unconsciously carry tension throughout their bodies and this tension can result in any number of symptoms including chronic pain, depression and/or anxiety, digestive distress, headaches, TMJ, sleep disorders, and loss of vitality. With just the slightest touch, Dr. Shepard helps the body release and redirect that tension. The patient's immediate responses vary from deepening of the breath to involuntary movement and/or to vocalization, all leading to feelings of greater relaxation and well being. The longer-term results are often amazing and go far beyond relief of pain and symptoms to include improvements in emotional and physical health, as well as improved quality of life.

In my experience, the effect of Dr. Shepard's care has been startling. When I began care, it seemed unlikely that those brief and mysterious sessions with Dr. Shepard would lift my depression and resolve my chronic pain; and yet, they did. I was soon amazed at how much better I felt after each session. And, that feeling of well-being persisted as I began to shift physically and emotionally in subtle, and not so subtle, ways. Not only have my original symptoms changed, but I also feel a greater sense of ease in my life and in my body.

Instead of looking at what's wrong with your body, they focus on what is already working well; and, expanding on that, I experienced amazing results! I'm truly glad I followed my friend's advice and visited "Seattle's Hidden Healing Gem"!

Not surprisingly, healing has been a lifelong journey for Dr. Shepard. He received his degree Summa Cum Laude in Chiropractic, and he continues to study both conventional and non-conventional healing modalities. When in chiropractic school, he quickly chose to specialize in Network Spinal Analysis (NSA) because of the depth and breadth of changes he saw and experienced. Also, Dr. Shepard has achieved the highest level of NSA certification and has served on staff with Dr. Donald Epstein, the founder of NSA. And, coming from a long lineage of healers, he understands that true healing is about healing the entire being, not just parts of the person. Dr. Dick Shepard has been in practice for 18 years.




By Eliza Secrest Fletcher

[To read this complete article, please see our website.]

Seattle's Hidden Healing Gem

206-525-4155 • www.networkcare.org

8301 8th Avenue NW • Seattle, Washington 98117

 facebook.com/DrDickShepard



General Naturopathic Primary Care, Acupuncture, & Nutrition

HealthPoint is an integrated primary care health care home with a team of providers that includes naturopathic physicians, acupuncturists, nutritionists, behavioral health counselors, and conventional medical providers. We work together to provide comprehensive, effective, and affordable care to patients from all walks of life, regardless of their ability to pay.*

Cindy Breed, ND; Michelle Tranter, RD; JoAnn Dechant, ND;
Christopher Krumm, ND, LAc; Denise Ward, RD; Paul Griffin, LAc

*We accept most insurance plans, and we offer a reduced-fee sliding scale for uninsured patients.

Nine King County locations, plus six dental clinics — call today for your appointment!

Auburn: 253-735-0166, 126 Auburn Avenue

Bothell: 425-486-0658, 10414 Beardslee Boulevard

Federal Way: 253-874-7634, 33431 13th Place South

Kent: 253-852-2866, 403 East Meeker Street

Midway: 206-870-3590, 26401 Pacific Highway South

Redmond: 425-882-1697, 16315 NE 87th Street, #B6

Renton: 425-226-5536, 200 South 2nd Street

SeaTac: 206-277-7200, 4040 South 188th Street, #201

Tukwila: 206-439-3289, 12844 Military Road South



www.healthpointchc.org

Greenhome SOLUTIONS

Earth friendly building products & home store


**flooring | cabinets | countertops | tile | finishes
design and installation services | and much more!**

Your trusted resource for alternative building materials

With over 20 years of building experience, we know how difficult it can be to find a single source for alternative materials. We work closely with our manufacturers to get the lowest possible prices on the highest quality products. Going green doesn't have to be more expensive! Come see our new showroom at the south end of the Ballard Bridge.

1210 W Nickerson St Seattle, WA 98119
206.284.2281 | www.ghsproducts.com

Commercial Space For Lease

 **LEED** LEED-EB certification in process

Flexible configuration

Professional offices from 500 to 5,000+ sf

Warehouses with clean triple phase power

Conveniently located @ heart of Mill Creek

Within 1 block from Town Center

Unsurpassed security

**Naturally situated
on salmon spawning stream**

 **Going Green**

*Modern
Amenities
In the
Midst of
Nature*



EdgeWater Building
16000 Mill Creek Blvd
Mill Creek, WA
425.710.0260
edgewatermc@gmail.com
EdgeWaterBuilding.com



The natural choice
for cancer care.

NATURAL

At Seattle Cancer Treatment and Wellness Center, we believe that people with cancer deserve every chance to receive care that's tailored uniquely to their cancer, their needs. No one-size-fits-all approaches here. We encourage you to learn about all your options. Then, with you as the captain, we put together a real integrated-care team to treat you and your cancer individually, combining the most innovative medical oncology with natural therapies that boost your immune system and help you manage side effects.

The fact is, we don't just treat cancer. We treat *people* with cancer—body, mind and spirit. For real integrated, patient-centered, hope-filled cancer care, make the natural choice.

206-FOR-HOPE

206-367-4673

Located in Renton: 900 SW16th Street, Suite 100, Renton, WA 98057

Cancer Treatment Centers of America

MEDICAL ONCOLOGY

NATUROPATHIC ONCOLOGY

CHINESE MEDICINE

MIND-BODY MEDICINE

CARE COORDINATION



Seattle Cancer
Treatment
and Wellness
Center

Winning the fight against cancer, every day.*

www.seattlecancerwellness.com



Let WellnessOne Help Rid You of Drug Dependency

Consultation
Available for
Headaches,
Neck &
Back Pain

New Patients Welcomed



**WellnessOne
of Eastgate**

It's Your Future...Be There Healthy With WellnessOne™

15100 SE 38th Street, Suite 305B
Bellevue, WA 98006-1763

Office: 425.289.0092 Fax: 425.289.0095

Toll Free: 866.499.7509

www.eastgate.wellnessone.net



**WellnessOne
of Bellevue**

It's Your Future...Be There Healthy With WellnessOne™

14700 N.E. 8th St., Ste. 115
Bellevue, WA 98007-4115

Office: 425.644.8386 Fax: 425.644.2560

Toll Free: 866.499.7509

www.bv.wellnessone.net

©1993 WellnessOne Corporation. All Rights Reserved. WellnessOne and the WellnessOne logo are trademarks of WellnessOne Corporation.



NATURAL HEALTH CENTER

A Unique & Progressive Medical Center

*Offering Integrative & Natural
Health Care Under One Roof*

Our Center is truly a healing center that takes a very methodical and scientific approach to help those looking for real solutions to their health and well-being.

253.942.3316

33650 6th Ave S,
#100, Federal Way

NaturalHealthCenterWA.com



Surrounded by beauty and nature

Federal Way Muscular Therapy
Mauri Fromm, LMT

Wellspring Physical Therapy
Merianne Jordan, DPT
Staci Warren, DPT

Drake Chiropractic
Kathleen M. Drake, DC

Dr. Nathan Spencer
Naturopathic Physician

Lila J. Walther, MA, LMHC
Counseling for Healing/Personal Development

Healthy-Aging Skin Inc.
Deborah Radcliff, ME

Dancing Turtle Acupuncture
Candace Burnikel, LAc, MAC, Dipl.Ac

Essential Healthcare & Midwifery
Laura Maria MacPherson, CNM
Simon Adriane Ellis, CNM



ENVIROSTARSSM

CERTIFIED

www.envirostars.org

SUPPORT
environmentally
responsible
BUSINESSES



Certifying businesses for reducing hazardous waste and protecting the environment.

AMMA SRI KARUNAMAYI

EXPERIENCE THE BLESSINGS
OF THE DIVINE MOTHER

LOVE.

COMPASSION.

WISDOM.



EVENTS, TOURS &
CHARITABLE MISSIONS

KarunamayiAmmaSeattle.com

Karunamayi.org

[/tour/tour-schedule.html](http://tour/tour-schedule.html) for tour details

(425) 337.2940



Mercury Free Biological Dentistry

Quality Dental Care for Your Overall Health

Advanced DENTAL CARE

- *Mercury Free Fillings*
- *Digital X-rays & State of the Art Technology*
- *Relaxed Dental Environment*
- *Biological Dentistry*
- *Experience in Cosmetic Dentistry*
- *Long Standing Member of IAOMT*



Highest
5-Star
Rating

253.472.0805 | www.TheTacomaDentist.com

5038 Tacoma Mall Blvd Ste A (Conveniently located near the Tacoma Mall)



Pure O₂ Healing

PureO2Healing.com



Helping Heal, One Breath at a Time Mild Hyperbaric Oxygen Therapy

Research indicates that HBOT may be beneficial in treating a multitude of conditions

- ADD/ADHD/Autism
- Alzheimer's/Dementia
- Anti-Aging
- Arthritis/Fibromyalgia/Pain
- Cancer
- Depression/Anxiety
- Detoxification
- Diabetic Ulcers/Wound Healing
- Digestive Health
- Infections
- Improved Energy/Mental Clarity
- Improved Sleep
- Inflammation
- Migraines/Headaches
- Neurological Conditions: MS, Parkinson's, Palsy's
- Radiation Damage
- Reduce Post Surgery Scarring
- Stem Cell Production
- Stroke/Traumatic Brain Injury

TRY IT TODAY! 2 sessions for \$60 Intro Rate 1-time use

Buckley WA: Kaylee McDonald, ND 253.397.0263
Maple Valley WA: Cynthia Cote, MD 425.413.1418

Life is change and change is movement -- movement in our bodies, our feelings, our thoughts, our inspirations. In SOMA, we work towards a less predictable, more authentic individual who has the option to respond in new and creative ways to their environment.



Soma Institute of Neuromuscular Integration®

*6-month Program Transforming the Relationship
to Self, Others, and the Environment*

The Gold Standard of Teaching Since 1977

Quality Education

750-hour of Structural Integration and Massage training.
Passing rate constantly above national & state average.

Experiential Learning

Science-based teaching combined with body-mind learning.

Individualized Experience

Small classes with well-trained staff.

Healing Environment

Dedicated facility in the foothills of Mt. Rainier.

360.829.1025 • soma@tx3.net
soma-institute.org • somassage.com
730 Gravity Way, Buckley, WA 98321



LOOKING for Your Natural Choices?

www.NaturalChoice.net m.NaturalChoice.net
Beyond Print. Online. On-The-Go. On Demand with Flexibility

Search

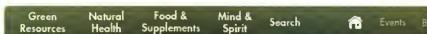
by Interest
by Keyword
by Category

Find

Articles & Blogs
Multimedia
Events. Recipes

Save

with Coupons



A LOCAL GUIDE FOR CONSCIOUS CONSUMERS
Your Local Directory for Sustainable Living



Make the Natural Choice ANYTIME ANYWHERE!

Northwest Academy for the healing arts

Seattle Campus

Seattle's most personalized massage program

**Become a Massage Therapist
in as Little as 7 Months**

and lifestyle

Create balance

between career



206.932.5950 • nw-academy.com • admissions@nw-academy.com



TRU HEALTH

Serving Wellness Needs Since 1993

425.415.8410 • 800.242.7165

www.TruHealth.com

Clearview, WA (Snohomish)



Unique consulting services to help
you achieve optimal well being.

- Iridology
- Muscle Testing
- Herbalist Consultations
- Lab Services
- Mental Health Counseling



Quality nutritional products online
and in-store.

- 5 Types of Raw Milk, Raw Cream
and Raw Cheese (pre-order only)
- Health Foods (Sprouted Nuts)
- Herbs, Vitamins, Supplements
- Nature's Sunshine Products
- Free Educational Handouts

Know The Tru Health Experience For Yourself!



VitaminLife

Over 10,000
supplements and beauty products
up to 50% off

Hard to find items and special orders are our specialty

Evening lecture series, call for details

Nutritional Consultant on Staff

15830 Redmond Way
Redmond, WA 98052-3829
(425) 869-7000
Between Trader Joe's and QFC in Redmond Center

Monday - Friday: 9:30 am - 8:00 pm

Saturday 9:30 am - 6:00 pm

Sunday 10:00am - 6:00pm

Order online at www.vitaminlife.com

A photograph of a person from behind, walking along a dirt path that winds through a lush, green, hilly landscape. In the background, a body of water is visible, and a tall, thin tower or monument stands on the distant shore under a clear sky.

WISE
WEALTHY
HEALTHY

ALTERNATIVE TALK
1150 AM KKNW

Your pathway to a better life begins here...

1150KKNW.com

Table of Contents



List of Categories

18

Reader Survey

D22

Alphabetical Index of Display Advertisers

D23

Green Living

Eco-Friendly & Socially Responsible Businesses

A1

Business Listings

A12

Glossary of Terms

A4

Recycling in Washington

A3

Rightsize Your Home

A7

Natural Health

Natural Healthcare, Fitness & Bodywork

B1

Business Listings

B28

Glossary of Modalities & Terms

A18

In Pills We Trust? Or Not!

B3

Natural Skin Care

B11

Choosing a Reflexologist

B23

Food & Supplements

Restaurants, Co-ops, Markets, Herbs & Supplements

C1

Business Listings

C15

Food Literacy - Glossary of Terms

C2

Reduce Food Waste

C3

Traveling as a Gluten Free Diner

C9

International Paella

C12

Mind & Spirit

Schools, Bookstores, Counselors, & Spiritual Resources

D1

Business Listings

D14

Glossary of Modalities & Terms

D2

Delusion, Dissolution, Clarity

C26

How Spiritual Practice Leads to Happiness

D3

Anxiety on a Cellular Level

D7



List of Categories

	Accounting Services	A13	Building Contractors
B28	Acupressure	A13	Building Materials, Supplies & Products
B28	Acupuncture	A13	Business Services and Opportunities
D14	ADD & Learning Disabilities	B30	Cancer Care - Alternatives
D14	Addiction Treatment & Smoking Cessation	A13	Carpet & Upholstery Cleaning
	AIDS & HIV Services	C15	Catering
	Air Purifiers & Filtering Systems	D14	Ceremonies - Blessings, Weddings, Funerals
B28	Allergy & Chemical Sensitivity Treatment	D14	Channeling
A12	Alternative Energy	B30	Chelation Therapy
	Anger Management (See Stress Management)		Child Care Services (See also Schools)
B29	Animal Services (See also Veterinary Svcs)		Childbirth Education (See Midwifery or Pregnancy)
A12	Animal Shelters		Children's Health (See Pediatric Medicine)
B29	Anti-aging Therapies	B30	Chinese Medicine
B29	Applied Kinesiology and Kinesiology	B31	Chiropractors
A12	Architects & Building Designers	B31	Chronic Fatigue & Illness
B29	Aromatherapy Services & Products		Churches (See Spiritual Centers)
A12	Arts, Crafts, & Galleries		Cleaners & Laundries
	Attorneys and Legal Services	A13	Cleaning Products
D14	Aura & Chakra Clearing & Restructuring	A13	Cleaning Services
	Automobiles (See also Transportation Alt)		Clothing & Accessories (See also Hemp)
B29	Ayurvedic Medicine		Coffee (See Tea and Coffee, Organic)
A12	Baby Products & Services	B31	Colon Therapy
	Back Care Products		Color & Light Therapy (See Light & Color Therapy)
C15	Bakeries & Baked Goods	C15	Cooking Classes
A12	Beds, Bedding, Futons & Mattresses	C15	Co-ops - Food
B29	Bioenergetics	D14	Counseling - Business
B30	Biofeedback (See also Guided Imagery)	D14	Counseling - Career
	Birth Control Services & Products	D14	Counseling - Child & Family
B30	Bodytalk	D14	Counseling - Grief
A12	Books & Publications	D14	Counseling - Holistic
D14	Bookstores	D15	Counseling - Marriage & Relationship
B30	Bowenwork	D15	Counseling - Mind/Body
B30	Brain Health	D15	Counseling - Spiritual
B30	Breathwork & Breathing Techniques	B31	CranioSacral Therapy
A12	Building Consultants	D16	Crystals, Gemstones, Jewelry, & Therapy

List of Categories

- | | | | |
|------------|---|------------|---|
| D16 | Dance & Movement | B34 | Fitness Training |
| | Dating Services | | Flower Therapy |
| B32 | Deep Tissue Bodywork | C19 | Food - Takeout &/or Delivery |
| B32 | Dentists & Orthodontists | | <i>Fruits & Veggies (See Grocery and Produce)</i> |
| D16 | Depression Treatment | A14 | Funerals |
| C15 | Desserts | A15 | Furniture & Accessories |
| C15 | Detoxification & Cleansing Products | A15 | Gardening Supplies & Nurseries |
| B32 | Detoxification Therapy | B34 | Geriatric Care |
| A13 | Diaper Services | A15 | Gifts & Greeting Cards |
| | <i>Doula (See Midwifery & Pregnancy Services)</i> | C19 | Gluten Free Food |
| D16 | Dreamwork | C19 | Grocery Stores |
| D16 | EMDR | | <i>Guided Imagery (See also Biofeedback)</i> |
| D16 | Emotional Release Work | | <i>Gynecology (See Women's Health)</i> |
| | Empathology | A15 | Hair Salons |
| D16 | Energy & Space Clearing | | Handicapped Services & Equipment |
| B33 | Energy Balancing & Energetic Healing | B34 | Hands of Light Healing |
| A13 | Energy Efficient Solutions | B34 | Healing Tools |
| | <i>Entertainment (See Recreation)</i> | B34 | Healing Touch |
| A13 | Environmental Design & Consulting | B34 | Health Centers & Clinics |
| B33 | Environmental Medicine | C20 | Health Foods |
| A14 | Environmental Organizations | | Health Insurance |
| A14 | Environmental Products (See also Cleaning Pds) | B35 | Health Products |
| A14 | Environmental Services | B35 | Health Spas (See also Retreats) |
| | Enzyme Therapy | | Heating/HVAC Contractors |
| B33 | Essential Oils & Flower Remedies | B35 | Hellerwork |
| B34 | Estheticians (See also Facials and Skin Care) | | Hemp Products |
| D17 | Events - Mind & Spirit | B35 | Herbalists (See also Herbs) |
| B34 | Facials | C21 | Herbs |
| A14 | Facilities - Office & Meeting | B35 | Holistic Practitioners |
| C15 | Farmers Markets | B36 | Homeopathic Practitioners |
| C17 | Farms - Organic / Natural | | <i>(See also Homeopathic Remedies)</i> |
| B34 | Feldenkrais Method | C21 | Homeopathic Remedies |
| A14 | Feng Shui | A15 | Housing - Alternatives |
| B34 | Fertility & Infertility Treatment | B36 | Hydrotherapy |
| B34 | Fibromyalgia Treatment | D17 | Hypnotherapy |
| A14 | Financial Planning & Services | | Insurance |

List of Categories

- | | | | |
|------------|--|------------|---|
| A15 | Interior Design & Decoration | | |
| | Investment (<i>See also Financial Planning</i>) | B39 | Nursing - Holistic |
| B36 | Iridology | B39 | Nutrition Consultants |
| C21 | Juice Bars | A16 | Office Supplies |
| | <i>Jungian Analysis (See Dreamwork)</i> | B39 | Optometry & Vision Care |
| | <i>Kinesiology (See Applied Kinesiology)</i> | A16 | Organic Products |
| A15 | Landscaping and Landscape Design | A16 | Organizers - Home, Office, Life |
| | <i>Learning Disabilities (See ADD & Learning Dis.)</i> | B39 | Orthopedic Medicine |
| | Libraries & Reading Rooms | B39 | Oxygen Therapies |
| D17 | Life Coaches | B40 | Pain Management & Injury Treatment |
| D17 | Light & Color Therapy | A16 | Paints & Stains |
| B36 | Lymphatic Drainage & Therapy | D18 | Past Lives Therapy |
| | <i>Marketing (see Business Services)</i> | B41 | Pediatric Medicine |
| B36 | Martial Arts & Personal Safety | | Personal Chefs |
| B37 | Massage, sorted by Geographies | D18 | Personal Growth Training |
| B36 | Massage, sorted by Methods | | <i>Personal Trainers (See Fitness)</i> |
| B37 | Massage Tables, Equipments & Supplies | A16 | Pest Control |
| C21 | Meat & Seafood | C21 | Pet Food & Supplies |
| D18 | Media - Music, CD's, DVD's & Radio | A16 | Pet Stores & Supplies |
| | Mediation & Conflict Resolution | C21 | Pharmacies |
| D18 | Medical Intuitive | B41 | Physical & Occupational Therapy |
| D18 | Meditation | B41 | Physicians - MD's, DO's & PA-C's |
| B38 | Men's Health | | Pilates |
| | Men's Studies & Groups | A16 | Photographers, Artists & Designers |
| D18 | Metaphysicians | | Plumbing |
| B38 | Midwifery (See also Pregnancy Services) | | Podiatrists |
| | <i>Movement Therapy (See Dance & Movement)</i> | B41 | Pregnancy Services |
| | Moving & Supplies | | <i>Preventive Medicine (See Testing & Screening)</i> |
| | Muscular Therapy | C21 | Produce - Natural or Organic |
| D18 | Music & Sound Therapy | D18 | Professional Training |
| | Myotherapy | B41 | Prolotherapy |
| | NAET | D18 | Psychics |
| B38 | Naturopathic Medicine | | Psychologists & Psychiatrists |
| B39 | Neurofeedback | D19 | Psychotherapy |
| D18 | Neurolinguistic Programming | B41 | Qi Gong & Tai Chi |
| B39 | Neuromuscular Therapy | C22 | Raw Food |
| | | | <i>Nurseries (See Gardening Supplies & Nurseries)</i> |



List of Categories

- | | | | |
|--|--|--|---|
| A16 Real Estate | | | Telephone & Telecommunication |
| B42 Rebirthing | | B43 Testing & Health Screening | |
| B42 Reconnective Healing | | B44 Thermography | |
| A16 Recreation | | | Toys |
| A17 Recycling & Waste Reduction Services | | B44 Trager | |
| B42 Reflexology | | | Transportation - Alternatives |
| B42 Reiki | | | Travel & Accommodation (<i>See also Retreats</i>) |
| C22 Restaurants | | A17 Tree Services | |
| D19 Retreats (<i>See also Travel & Health Spas</i>) | | C24 Vegetarian & Vegan Food | |
| B42 Rolifing® | | B44 Veterinary Services (<i>See also Animal Svcs</i>) | |
| Salad Bars | | B44 Visceral Manipulation | |
| D19 Schools - Colleges & Educational Centers | | | <i>Vision Care (<i>See Optometry</i>)</i> |
| Schools - Pre-Schools Through Twelve | | C24 Vitamins | |
| D19 Shamanism | | D21 Voice Dialogue | |
| B42 SHEN Therapy | | C25 Water | |
| B42 Shiatsu | | | Watsu |
| B43 Skin Care Services (<i>See also Facials</i>) | | C25 Weight Loss Products | |
| B43 Skin Care Products | | B44 Weight Management | |
| B43 Sleep Medicine | | B44 Women's Health | |
| <i>Solar Power (<i>See Alternative Energy</i>)</i> | | D21 Women's Studies & Groups | |
| B43 Soap & Soap Making Supplies | | A17 Workshops - Green Practices | |
| <i>Spas (<i>See Health Spas</i>)</i> | | D21 Workshops - Mind & Spirit | |
| D20 Spiritual Centers | | B45 Workshops - Natural Health | |
| D20 Spiritual Healing (<i>See also Shamanism</i>) | | D21 Yoga Instruction | |
| D20 Spiritual Tools | | | Yoga Products & Supplies |
| B43 Sports Medicine | | A17 Yurts | |
| Sports Nutrition Products | | | |
| D20 Stress & Anxiety Management | | | |
| B43 Structural Integration | | | |
| C23 Supplements (<i>See also Herbs or Vitamins</i>) | | | |
| D20 Support Groups | | | |
| <i>Tai Chi (<i>See Qi Gong & Tai Chi</i>)</i> | | | |
| Tantra | | | |
| Tattoo - Petroleum Free | | | |
| C24 Tea, Coffee, & Beverages | | | |
| Teen Resources & Groups | | | |



The Natural Choice Network



Our Journey on the Sustainability Path



www.NaturalChoice.net
Search-focused.
Current content.



Social Network
A Like-Minded
Connection

**Greening of
Our Business
Processes**

Multimedia
An Experiment
of Expressions



**Annual
Print Directory**
Signature since 1995



m.NaturalChoice.net
Natural Choice
On-the-Go

2013

**An ongoing
journey to BUILD
A COMMUNITY
OF CONSCIOUS
BUSINESSES &
CONSUMERS**

Natural Choice Directory™ of Puget Sound

Your Guide for a Sustainable Future

Associates

Stephen Cheng Martha Childress
Tammy Hung Kyle Nicholas

Contributing Writers

Beth Buczynski Annika Hipple
Tammy Hung Kay Morris-Johnson
Ann Pietrangelo Kelle Rankin-Sunter
Friedemann Schaub Dale Stubbart

Social Media



[www.facebook.com/
NaturalChoiceDirectory.WA](http://www.facebook.com/NaturalChoiceDirectory.WA)



[www.twitter.com/
NaturalChoiceWA](http://www.twitter.com/NaturalChoiceWA)



[www.linkedin.com/company
Natural-Choice-Directory](http://www.linkedin.com/company/Natural-Choice-Directory)

Contact Information

Natural Choice Directory
227 Bellevue Way NE, #100
Bellevue, WA 98004
425.373.1987 800.465.0595
Fax 425.988.0160
editor@naturalchoice.net
www.naturalchoice.net (website)
m.naturalchoice.net (mobile site)

Locally Printed

Cover: FSC 100% Recycled, 60% Post Consumer Waste
Color Pages: 100% Recycled
Black & White Pages: 20% Recycled



©Copyright 2013

All Rights Reserved. No part of this publication may be reproduced or distributed in any form or by any means or stored in any data base or retrieval system, without written permission of the Natural Choice Directory.

Natural Choice Directory provides an advertising service and shall not be liable for any damages of any kind resulting from any advertiser's claims or performance. Listing of companies, services, products or organizations does not in any way imply endorsement by the Natural Choice Directory.

Opinions expressed in the articles are those of the authors and do not necessarily represent the viewpoint of the Directory or its associates.

Accounting Services

Air Purifiers & Filtering Systems

A12 Alternative Energy

A12 Animal Shelters

A12 Architects & Building Designers

A12 Arts, Crafts, & Galleries

Attorneys and Legal Services

Automobiles (*See also A: Transportation - Alt*)

A12 Baby Products & Services

A12 Beds, Bedding, Futons & Mattresses

A12 Books & Publications

A12 Building Consultants

A13 Building Contractors

A13 Building Materials, Supplies & Products

A13 Business Services & Opportunities

A13 Carpet & Upholstery Cleaning

Child Care Services (*See also D: Schools*)

Cleaners & Laundries

A13 Cleaning Products

A13 Cleaning Services

Clothing & Accessories (*See also A: Hemp*)

A13 Diaper Services

A13 Energy Efficient Solutions

Entertainment (*See A: Recreation*)

A13 Environmental Design & Consulting

A14 Environmental Organizations

A14 Environmental Products

(*See also A: Cleaning Products*)

A14 Environmental Services

A14 Facilities - Office & Meeting

A14 Feng Shui

A14 Financial Planning & Services

A14 Funerals

A15 Furniture & Accessories

A15 Gardening Supplies & Nurseries

A15 Gifts & Greeting Cards

A15 Hair Salons

Handicapped Services & Equipment

Heating/HVAC Contractors

Section A

Green Living



**Eco-Friendly
Socially Responsible
Products & Services**

continued on next page

Hemp Products

A15 Housing - Alternatives

Insurance

A15 Interior Design & Decoration

Investment (See also Financial Planning)

A15 Landscaping and Landscape Design

Marketing (See Business Services)

Moving and Supplies

Nurseries (See Gardening)

A16 Office Supplies**A16 Organic Products****A16 Organizers - Home, Office, & Life****A16 Paints & Stains****A16 Pest Control****A16 Pet Stores & Supplies**

(See also C: Pet Food & Supplies)

A16 Photographers, Artists & Designers

Plumbing

A16 Real Estate**A16 Recreation****A17 Recycling & Waste Reduction Services**

Solar Power (See A: Alternative Energy)

Tattoo - Petroleum Free

Telephone & Telecommunication

Toys

Transportation - Alternatives

Travel & Accommodation

(See also B: Health Spa & D: Retreats)

A17 Tree Services

Water - Treatment, Filters & Purifiers (See C: Water)

A17 Workshops & Classes - Green Practices**A17 Yurts****www.naturalchoice.net: your portal to a better world****m.naturalchoice.net: your better world on a smart phone**


Recycle it
@ Cartridge World

**Save Money &
The Environment**

By Using Cartridge World Printer Cartridges

\$3 OFF INK REFILL	\$7 OFF TONER REFILL	One per customer. Not valid with other offers. Expires 5/31/14. Gds.
---------------------------------	-----------------------------------	--

Cartridge World
206.632.5555
400 NE 45th St, Seattle
www.CartridgeWorldUSA.com/Store319

10th Anniversary

**NW
SolarFest**

**RENEWABLE ENERGY &
SUSTAINABLE LIVING FAIR**

Saturday - July 27th - 2013
Shoreline Community College
www.ShorelineSolar.org

**SUPPORT YOUR COMMUNITY
BY SHOPPING**



When you shop at the Habitat for Humanity Store, proceeds from your purchase help build more Habitat homes.

Support the community by shopping for new and used appliances, cabinets, furniture and more, at up to 50% off retail prices.

Learn more at www.habitatskc.org

Habitat for Humanity®

Store®

Seattle Habitat Store
Home Improvement Outlet
21 S Nevada St.
Seattle, WA 98134
(206) 957-4914

Bellevue Habitat Store
Home Décor Resale
13500 Bel Red Rd.
Bellevue, WA 98005
(425) 641-2643

Hours:
Tuesday - Saturday: 10 am - 6 pm

Recycling in Washington: Trends & Initiatives

By Annika S. Hipple

Long known as the Evergreen State for its abundance of coniferous forests, Washington is becoming increasingly green in other ways as well. Some of the most significant advances are in the area of recycling. In fact, the percentage of municipal solid waste that is recycled or otherwise diverted from disposal is at its highest levels ever in Washington state, at 57.2 percent in 2011, according to the Washington Department of Ecology (Ecology), which began tracking recycling rates in 1986. Of this solid waste, 50.7 percent is recycled, while the rest is diverted in other ways. This is well above the national average for solid waste diversion, which stood at 34.1 percent in 2010 according to the most recent figures available from the U.S. Environmental Protection Agency (EPA).

The benefits of recycling go beyond just keeping the waste out of landfills. Making new products from recycled paper, plastic, glass, and metals conserves natural resources. It also uses significantly less energy than producing new products from raw materials. In Washington, the amount of energy saved through recycling compared to creating new products is equivalent to 1.1 billion gallons of gasoline – enough to power 1.2 million homes (nearly half the state's households) for a year.

In addition, this lower energy use translates into reduced greenhouse gas emissions. In 2011, recycling in Washington kept 3.2 million tons of greenhouse gases (about 798 pounds per person) out of the atmosphere – equivalent to keeping 1.9 million cars off the road. By keeping harmful materials out of incinerators and landfills

recycling also reduces the amount of pollution entering the air and water. Finally, recycling creates more jobs than traditional waste disposal.

Residential Recycling

Recycling is relatively easy in Washington. 87.4 percent of Washington residents have access to curbside recycling, according to Ecology data from 2012. Those without such services have access to dropoff locations. Recycled household waste reached more than 186,000 tons in 2011, the highest level ever, while the

Continued on page A-5



A

Green Living

Pompeo's
HAIR SALON
Chemically Sensitive Salon
(425) 774-6700
Fabulous Hair Shouldn't Be Hazardous to Your Health!
Offering the latest innovative
hairstyling & color services. We
use the safest natural & organic
haircare products available!
20% off 1st Time Customer
5903 244th St SW, #A, Mountlake Terrace


**THINKING ABOUT
ADDING ON?**
Take advantage of our **FREE**
Building Project Requirements
interview to find out the
feasibility and what you need
to get started!
Call (206) 935-0998 to talk to
a Designer without obligation.
Sustainable-Home-Designer.com

Pure Genius
Eco-smart Salon
Great hair,
as naturally as possible,
is Pure Genius.
Natural Products,
Supernatural Results.
SalonPureGenius.com
425.299.1967



**Sustainable
Retirement Planning**
Doug Rough,
Financial Services Professional
Agent, New York Life Insurance Company
Cell: 425-443-8423 Off: 425-462-4800
10885 NE 4th, #1400, Bellevue
NEW YORK LIFE Registered
Representative.
NYLIFE Securities, LLC. Member FINRA/SIPC,
a licensed insurance company.

A Non-toxic,
Chemically
Sensitive Salon.
A Healthy
Alternative for
You & Your Hair!
Uniquely Natural
425.774.6078 Mountlake Terrace



babydiaperservice.net
Simple. Sustainable. Smart.
Add cloth diapers to your
GREEN LIFESTYLE
It is easy and affordable
7 billion gallons of oil for disposable diapers
EACH year for American babies alone!!
4 times the size of ANWR reserves.
Help the Planet by Using Baby Diaper Service
800.562.BABY

de Jong's AVONDALE BARK & TOPSOIL

Pick Up or Same Day Delivery



This isn't just our business...
it is our life and our home.
We trust you to come over
and take a look around.
Before we bring the mulch
to you we test it for heavy
metals and pathogens then
we grow our own food!

Call us today!
for your
Bark Fertil Mulch* &
Chicken N' Chips*
*Manufactured locally by
de Jong Sawdust & Shavings*

Still...
Family Owned
and Operated
Since 1950

11807 Avondale Road NE • Redmond, WA 98052
3413 Old Hartford RD, Lake Stevens, WA 98258

www.deJongss.com

Using de Jong Sawdust & Shavings Fertil Mulch* or Chicken N' Chips*
helps to recycle your local farmers animal waste.

Your local natural mulch supplier

You don't want any
additives in your food...
so we don't have any
in our products!

NO additives...NO yard waste!

425-883-0821
425-252-1556

Fertil Mulch* and Chicken N' Chips*
is a registered product
of Cory de Jong & Son Inc

Glossary of Terms for Section A

Certified Lumber –

Certification enables consumers to support responsible forestry and provides forest owners with an incentive to maintain and improve forest management practice. There are only a few legitimate certification groups for sustainably harvested materials, one such being the FSC (Forestry Stewardship Council) certification program.

Environmental Remediation

– Restoration to a previous unpolluted state.

Fair Trade – A trading partnership which aims at sustainable development for excluded and disadvantaged producers by providing better trading conditions.

Farmers' Market – A place where farmers sell locally grown, farm-fresh produce to consumers.

Feng Shui – The art of healthful arrangement of rooms/furniture/buildings to affect spiritual, psychological and physical well-being.

Full Spectrum Lighting – Consists of interior lighting provided by full-spectrum fluorescent lamps which are designed to mimic daylight.

GMO – Genetically modified organisms have had genes from other species transferred into their genetic material by the technique of "gene-splicing."

Hemp Products – Hemp is used to make paper, clothing, cereal,

fuel, rope, etc. and requires little or no pesticides or herbicides. Hemp contains virtually no THC, the active ingredient in marijuana, and therefore, cannot be used as a drug.

Native Plants – Plants which are indigenous to specific conditions of a region. They tend to need less pesticides, irrigation and care to maintain in an urban landscape.

Natural Fibers – Those of vegetable origin constituted of cellulose, i.e., flax, hemp, jute, and ramie; seed-hair fibers such as cotton, kapok and the flosses.

Naturescaping – The practice of utilizing native plants, natural landscapes and water-friendly

Recycling in Wa

continued from page A-3

amount of waste ending up in landfills dropped to a 24-year low.

The drop in waste is partly driven by the economic recession which has reduced consumer disposal and debris from construction and demolition. At the same time, more recycling has been made possible due to advances in recycling technologies and expanded lists of materials accepted for recycling.

Moving forward, Washington state's waste management plan, Beyond Waste, aims to reduce solid waste by 80 percent, compared to 2004 levels, by 2035. Steps being taken to achieve this goal include (a) reducing waste in product and packaging design; (b) developing new uses for diverted materials such as debris from construction and demolition; (c) maintaining a database about where to recycle (1800recycle.wa.gov or 1-800-RECYCLE); and (d) encouraging product stewardship.

Electronics Recycling

Recent years have seen major advances in electronic recycling as well. Many electronic items, particularly computers and televisions, contain toxic materials such as mercury, cadmium, and lead. By keeping these hazardous materials out of landfills and incinerators, recycling electronic products avoids negative public health impacts. It also conserves resources since recycled electronics are broken down into components, many of which can be reused.

E-Cycle Washington, a state program, provides free electronics recycling at dropoff locations throughout the state. In some urban areas, home pickup is also available for a fee. E-Cycle locations accept televisions, computers, monitors, laptops, tablets, and e-readers. In 2012, E-Cycle diverted more than 43.47 million pounds of electronic equipment

Continued on page A-9



Essential Gardeners LLC

A husband and wife gardening team offering organic methods for landscape maintenance

206.898.1451 206.898.1452
stefany@essentialgardeners.com

Pruning • Weeding • Lawn Care • Fertilizing • Planting
Seasonal Cleanups • Mulching • Small Scale Design/Build

CC-BY-NC-SA/ESSENTIALGARDENERS

Solving Pest Problems while keeping your family and environment healthy



206.718.7288 www.AriaPest.com



BEAUTIFUL
FUNCTIONAL
GARDEN SPACES

Drought tolerant and native plantings
Backyard wildlife habitat
Rockeries & stone patios
Edible landscapes
Garden and play structures
Design, installation & maintenance

Schedule a free site visit
Michael Lockman
206-459-7022
www.we-design.net

***** ENVIROSTARS RATING

planet-friendly • people-friendly
seattle Green Earth cleaning, LLC
Cleaning with a Conscience

ECO-Friendly
SOCIALLY-Responsible
HOME CLEANING

25% OFF initial Cleaning for
Natural Choice Directory clients
www.SeattleGEC.com
206-595-4209

**ABC Jet Steam
Green Carpet-Cleaning**

Baby
& Pet
Safe

Healthy Deep Cleaning
For Those Sensitive to
Allergens & Chemicals
Best Equipment. Truck Mount

Husband
& Wife
Team Since
1994.



85-90%
Referral
Business.

VISA

Sound Solutions OPM
Organic Pest Management for Landscape
Since 1990

Holistic Approach
High Pressure Spraying • Biological Controls
Trees & Shrubs • Deep Root Fertilization

We use Neem & Kaolin Clay • No Poisons Ever!

206.363.4207

info@SoundSolutionsOPM.com • SoundSolutionsOPM.com

A

Green Living

A

Green Living

batt + lear
designers and builders

TELE 206.301.1999
 DESIGN@BATTANDLEAR.COM
 registration: BATTU962F

ALTSTADT INTERIORS
 Interior Design & Consignment Furniture
 Est. 1996
 Check us out on Facebook



Come In & See What's New

BE "GREEN" & Shop Consignment
 206.523.8838 • www.altstadtinteriors.com
 Store Hours: Tue-Sat 12-6 Sun 12-5
 4618 NE 55th St • Just North of the U Village

Save 40-60% on Heating & Cooling



up to 30%
Tax Credit

Traditional
(Good)

Ductless
(Better)

Geothermal
(Best)

*Harness the Sun's
Free Energy from the Ground Around You!*

Ground Source Energy NW

425-941-2476 * GroundSourceEnergyNW.com

Free, no-obligation analysis
 Ask about our Green Energy Efficient Programs

FOOD DAY

OCTOBER 24, 2013
 www.FoodDay.org f t

healthy affordable sustainably produced food & a grassroots campaign for better policies.

Please join Americans from all 50 states to celebrate the third annual Food Day at thousands of events, building a movement to change the American food system. Educate. Advocate. Share.

EAT REAL

paws.org



paws. Making a better world for animals.

Glossary

Continued from page A 4

gardening practices. The result is water conservation, fewer chemicals and less maintenance. It is also used to attract interesting, beneficial wildlife.

Organic – Products produced under the rules of the Organic Food Production Act. The primary goal is to optimize the health and productivity of soil life, plants, animals and people by using natural methods of fertilization and pest control.

Permaculture – The practice that concerns the placement of plants and animals to mimic biological systems to meet people's food, fuel and fiber needs in a small space.

Seasonal Depression (S.A.D.) – Depression, lack of energy, increased need for sleep, a craving for sweets and weight gain that begins in the fall, peaks in the winter, and usually resolves in the spring.

Sustainably Harvested – Materials or resources harvested in a manner which ensures future harvests and results in significantly less negative environmental impact. Some examples are shade grown coffee, certified lumber, bamboo, cork, hemp, and wool.

Toxic Chemicals – Many of the seemingly harmless products we use everyday contain toxic chemicals such as benzene, ammonia, formaldehyde, toluene, ozone & many others.

Vegan – A diet without animal products of any kind (e.g. dairy products).

Watersheds – The land that water flows across or under on its way to a stream, river, or lake.

Glossary selectively reprinted and modified from the ReDirect Guide, Portland, Oregon.



Rightsize Your Home

By Ann Pietrangelo, in collaboration with Ann Raab

Americans tend to enjoy supersizing everything from food to vehicles to the very homes we live in. Our acquisitions trump our successes, or so it would seem.

Success

"We all struggle with the internal dialogue, 'Am I good enough?' The big house and yard answer those questions in our society's symbol of success," says marriage and family therapist Kristi Fowler.

"Our collective desire to appear as people who have had success is a continuation of learned childhood mores - to gain the approval of others somehow equates to 'love.' That is, 'love' in the sense of acceptance, approval and an understanding of where you rank in societal structures," says Ms. Fowler.

"It is so deep within us and has been so rewarded through childhood activities, that we carry that deep-hearted belief into adulthood - except the stakes only get higher."

Behind the Pretty Facades: Binging on Stuff

Dr. Ramani Durvasula has a lot to say about "the so called 'American Way of Life' and the soul sapping consumerism that is rampant in our culture."

The Professor of Psychology and licensed clinical psychologist explains, "Just like people binge on food, they can also binge on size, stuff, and status. There are lots of broken lives behind lots of pretty facades, fancy handbags, and BIG houses. I think the culture


of narcissism that is rampant in U.S. culture, and increasingly the world, means that people look OUTSIDE of themselves to get feedback on what they 'should' be, rather than listening to themselves.

"This results in a lot of emptiness, and a lot of time and money spent procuring things and status to fill this emptiness," says Dr. Durvasula.


Continued on page A-8



Green Living



DownsizeNW

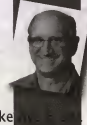


find a home that fits

down-size v.

1. release, renew, prioritize, resize.
2. do more with less

Greg Bartell, Realtor®, GREEN
DownsizeNW.com. Small home specialists.
RE/MAX Metro Realty • 206.713.2921 • 2312 Eastlake





Feng Shui

for Success & Wellbeing

CYNTHIA CHOMOS
Feng Shui & Color Consultant
(206) 919-0107
www.CynthiaChomos.com
Home & Business Consultations

Feng Shui

the spirit of place



Janani Lucas
Mastery level services:
www.fengshuithespiritofplace.com
jananilucas@gmail.com (206) 361-9382
Rituals & Ceremonies, Home & Office Consultations
Feng Shui Real Estate Evaluations for Buyers & Sellers

Emerald Feng Shui Institute
Creative Feng Shui - Gisela Stehr

風水

Feng Shui, Design Consulting
Cert. Training, Lectures
Qigong, 9-Star Ki, I Ching
Space Clearings/Blessings

designing spaces that connect the soul and create community

206.526.0513
emerald.fengshuiinstitute@gmail.com
www.EmeraldFengShuiInstitute.com



A

Green Living

We Share Your Values...
Dignity, Simplicity, Economy, Sustainability

PEOPLE'S MEMORIAL™ FUNERAL COOPERATIVE

Home of Green Burial & Carbon-Neutral Cremation

1801 12th Avenue, Seattle, WA 206-529-3800 www.funerals.coop

Seattle Natural Mattress

100% Natural Latex • Organic Cotton • Chemical Free

"Locally crafted, these beds give full body comfort and support. No springs, chemicals or off-gassing, just sustainable, breathable latex. Naturally cool, hypo-allergenic and dust mite free. Earth's best mattress at Seattle's best price." Tim Ley

206.419.9550 • SeattleNaturalMattress.com
 4033 Aurora Ave North, Fremont

*The
Rest of
your
Days
Depends
on the
REST of
your Nights!*

Bedrooms & More

Seattle's Largest Selection
 of Natural & Organic
 Mattresses
 Locally Owned & Operated
 Since 1972

Ingredients:

Organic cotton, Organic wool,
 Botanical latex, Organic sateen ticking.

**** Not a source of:** synthetics,
 polyurethane, toxins, dyes or
 off-gassing materials

Mattresses
 Mattress Toppers
 Mattress Pads
 Comforters

Duvets

Sheets

Locally
 Made
 Furniture

206.633.4494 | BedroomsAndMore.com
 300 NE 45th St, Seattle. Free off-street parking
 M-F 9-8 Sat 9-6 Sun 11-5

Rightsizing

continued from page A-7

"Unfortunately, a lot of people leave behind a wake of wrecked relationships and wrecked finances in this pursuit. When you look at how American houses, cars, and closets have super sized in the last few decades, it's a lot like looking at obesity trends. And at the same time, people do report feeling less connected and more empty."

Whether it's the struggling economy or the realization that more things and bigger things simply don't live up to expectations, there is a growing interest in downsizing. For some, it's about more than simply downsizing or decluttering living space. It's about pulling back on accumulating unnecessary consumer goods, saving on energy and other resources, and streamlining their lives. It's about making time and space for the simpler and more rewarding aspects of life.

Consuming Less and Living More

Comedian and actor Dan Nainan tells Natural Choice Directory he sold his three-story home in favor of a 750 square foot apartment. "I realize that one doesn't have to have 10 towels, 30 knives, forks, spoons, and all manner of things that are unnecessary and waste resources to boot. I'm much happier with a lot less clutter, without having to mow a lawn and worry about landscaping, and I know that I'm consuming a lot less."

Calling it a "palate cleanser," Joanne Cleaver and her husband downsized from a 3,000 square foot "beautiful money pit," to a 1,400 square foot apartment. "We love it! It has re-set our expectations for our final retirement home, whenever that decision finally firms up."

Continued on page A-11

Recycling in Wa

continued from page A-5

from the waste stream.

Electronic equipment not included in the E-Cycle program, such as DVD players, VCRs, cell phones, stereo systems, and computer peripherals, can often be dropped off at participating locations within King County's Take It Back Network. Similar programs are available in other parts of the state such as Snohomish and Pierce counties.

Hazardous Waste

Electronics are not the only materials that must be disposed of in a safe manner to keep hazardous waste out of landfills. Household hazardous waste includes corrosive, toxic, or flammable materials such as paint thinner, certain types of batteries (including car batteries), and pesticides. It also includes compact fluorescent bulbs, which – unlike traditional incandescent light bulbs – contain mercury and are not permitted in the garbage.

King County has hazardous waste dropoff facilities in North and South Seattle, as well as in Factoria. Alongside its fixed dropoff locations, King County also operates a mobile facility called the Wastemobile, which travels to communities throughout the county and sets up in temporary locations for three days at a time. These facilities accept household hazardous waste, including fluorescent light bulbs and fixtures. Fluorescent light bulbs can also be dropped off for free at other locations throughout Washington, including certain locations in King County belonging to the Take It Back Network.

Pharmaceuticals

While empty prescription medicine containers must be disposed of in garbage because the plastic is too brittle

Continued on page A-17



the Sleep Store

Affordable organic
for all budgets.
We'll help you find the
best sleeping
environment
for your body.








*The largest selection of Organic
Mattresses, Pillows & Bedding
on the Eastside.*

425-454-8727
TheSleepStoreUSA.com
Downtown Bellevue



Organic Bed, Baby & Bath

Local Manufacturing in Oakville, WA
Organic Cotton & Premium Eco-Wool

-  Organic Mattresses
-  Wool Comforters
-  Bed & Body Pillows
-  Wool Mattress Toppers
-  Cozy Buns Organic Baby
-  Organic Sheets & Towels
-  Eco-Registry

www.holylamborganics.com
888-359-1362
Oakville, WA

Green Living



Natural & Alternative Funerals to Honor Your Loved One's Life

- Home Funeral Vigils
- Green Burials
- Life Celebrations
- Cremation & Traditional Burials
- Services for Loss of Pets
- Educational Workshops & Training

Exclusive Snohomish County PMA Provider

1910 120th Pl SE, Ste 102, Everett WA 98208
425.316.8290 • 206.529.3803 ASacredMoment.com



LIVING SHELTER DESIGN ARCHITECTS PLLC

innovative design solutions
for sustainable homes + communities

www.livingshelter.com

425.427.8643

listen to our podcast program on

www.eco-logicalhome.com

Designers
& Builders
of Compact
Sustainable
Homes

GREENPOD
SUSTAINABLE HOME DEVELOPMENT

800.569.0831
greenpoddevelopment.com

ENTERO DESIGN

a sustainable lifestyle company

www.EnteroDesign.com | 206-418-8120

Offering Wholesale Pricing to Contractors
and
CARB II Compliant Products From

CANYON CREEK
Cabinet Company

Shift from Clutter to Clarity



CHRISTINE ARUNDELL
Professional Organizer
Life Transitions Coach

I work directly with you to clear clutter and organize your home, office & life.

I provide compassionate support during transitions such as moving,
beginnings & endings, loss of a loved one & other life changes.

Over 16 years experience. Transform your habits & make healthy choices!



Simplify • Align • Renew

(425) 917-1211

www.YourEssentialSolutions.com

gogreen

The sustainability conference for business

Green business. Good for the planet – good for your bottom line. Get empowered to leverage sustainability at your business through visionary insights and tactical advice presented at GoGreen Seattle.



LEARN MORE AT: SEATTLE.GOGREENCONFERENCE.NET

Rightsizing

continued from page A-8

Joshua Becker and his family downsized their home and fully embraced a minimalist lifestyle. "People just don't notice how much of their life is being taken away from them because of their possessions. We have found more time, energy, and finances for the things in life that matter most - family, friends, and faith. It has provided us the opportunity to fully pursue our greatest passions with all our heart." The author of *Simplify and Inside-Out Simplicity*, Mr. Becker works to inspire others along the minimalist path.

Simplicity Plus Eco-Friendly Design: It's the Beginning of a Beautiful Relationship

For a closer look at serious downsizing combined with eco-friendly design, we turned to designer Ann Raab of GreenPod™ Development.



GreenPods™ are custom-built modular homes designed for a sustainable and healthy lifestyle. Most GreenPod™ homes are between 300 and 800 square feet and are structured to make the most out of natural views and green technology.

Inside and out, great care is taken to eliminate waste and save energy. Working with the existing environment, these homes can incorporate easy composting systems or route wastewater to drip into beautiful garden walls.

Interiors feature amazing space and energy-saving ideas such as beds that store in the ceiling, solar power, steam cooking, stacking tables, sliding doors, and movable walls.

The result is a low maintenance lifestyle that offers owners a sense of freedom. Sometimes, less really is more.

"Each pod is as unique as its owners," says Ms. Raab. "I love when they share their energy bills and I know it is working. It's all about making life easier and living lighter."

The innovative GreenPods™ are garnering attention from all around the world, and the company plans to expand beyond its Washington home base in the near future.

Trading Stuff for the Stuff of Life

Certainly there are degrees of downsizing. Perhaps the better word is "rightsizing." If the goal is to simplify your life, you first have to decide what is right for you and your family. It's a process, so allow yourself time to think things through and adjust.

The interest in downsizing may be a passing fancy for some, but for others, it morphs into a lifestyle. Stuff takes space. Stuff takes time. Stuff takes time and there is far too little of that to begin with. Less stuff to take care of just may free us up for the stuff of life.



Ann Pietrangolo: Author, "No More Secs!". Member, American Society of Journalists and Authors. www.AnnPietrangolo.com

Ann Raab: Owner, GreenPod™ Development LLC

Photos: Copyright, GreenPod™ Development LLC

at home in nature™

From seaside getaways to mountain retreats, the Pacific Yurt goes where you want to be.

Call today for a brochure: 1.800.944.0240 www.yurts.com

No One Knows Yurts Like Pacific Yurts™

pacific yurts inc.
At Home in Nature

World's Leading Manufacturer • Cottage Grove, Oregon

SKIPLEY FARM

Fruits & Veggies
CSA. U-Pick
SkipleyFarm.com

206.679.6576

Edible Landscapes

Borealis Landscape
Design. Install. Maintain
Gil Schieber, Plantsman
BorealisLandscape.com

A

Green Living

ALTERNATIVE ENERGY

(See Also Energy Efficient Solutions)

BATT + LEAR, INC*See Ad on Page A6*

Good design is sustainable design.
design@battandlear.com
Seattle, WA 206-301-1999

GROUND SOURCE ENERGY NW*See Ad on Page A6*

Saving 40-60% on heating and cooling!
www.GroundSourceEnergyNW.com
Mark Humphrey, Kent WA 425-941-2476

SHORELINE SOLAR PROJECT*See Ad on Page A2*

And the 9th NW SOLAR FEST
July 28, 2012 @ Shoreline Comm College
www.shorelinesolar.org

ANIMAL SHELTERS**PAWS***See Ad on Page A18*

Celebrating 40+ years of helping animals
15305 44th Ave. W • Lynnwood
www.paws.org 425-787-2500

ARCHITECTS & BUILDING DESIGNERS**BATT + LEAR, INC***See Ad on Page A6*

Good design is sustainable design.
design@battandlear.com
Seattle, WA 206-301-1999

MATTHEW BREWSTER, AIBD, CPBD*See Ad on Page A3*

www.Sustainable-Home-Designer.com
Professional Drafting and Designing
610 NW 44th Street, Seattle 206-935-0998

GREENPOD*See Ad on Page A10*

Designers, Fabricators, and Builders of
Compact Sustainable Homes.
greenpoddevelopment.com 360-385-5614

GROUND SOURCE ENERGY NW*See Ad on Page A6*

Saving 40-60% on heating and cooling!
www.GroundSourceEnergyNW.com
Mark Humphrey, Kent WA 425-941-2476

LIVING SHELTER DESIGN*See Ad on Page A10*

Innovative Home and Community Design
P.O. Box 1477, Issaquah, WA 98027
www.livingshelter.com 425-427-8643

ARTS, CRAFTS & GALLERIES**TRADITIONS CAFE & FOLK ART***See Ad on Page C5*

Whole foods w/ vegetarian & vegan panini
www.traditionsfairtrade.com
300 5th Ave SW, Olympia 360-705-2819

BABY PRODUCTS & SERVICES**BABY DIAPER SERVICE***See Ad on Page A3*

Add Cloth Diapers to Your Green Lifestyle
It is easy and affordable.
www.babydiaperservice.net 800-562-2229

HOLY LAMB ORGANICS*See Ad on Page A9*

Manufacturer of organic bedding, baby &
bath with organic cotton and eco-wool.
holylamborganics.com 888-359-1362

BEDS, BEDDING, FUTONS & MATTRESSES**BEDROOMS & MORE***See Ad on Page A8*

Family Owned and Operated Since 1972
www.bedroomsandmore.com
300 NE 45th St., Seattle 206-633-4494

HOLY LAMB ORGANICS*See Ad on Page A9*

Manufacturer of organic bedding, baby &
bath with organic cotton and eco-wool.
holylamborganics.com 888-359-1362

SEATTLE NATURAL MATTRESS*See Ad on Page A8*

www.SeattleNaturalMattress.com
4033 Aurora Ave North, Seattle, WA
seanattmatt@gmail.com 206-419-9550

THE SLEEP STORE*See Ad on Page A9*

Organic Mattresses | Free Delivery
10623 NE 8th Street, Bellevue, WA 98004
www.thesleepstoreusa.com 425-454-8727

BOOKS & PUBLICATIONS**NANCY HALLER***See Ad on Page B18*

Guilford Certified Feldenkrais Practitioner, MA
256 SW 43rd Street Renton 98057
www.nancyhaller.com 425-282-0406

NATURAL AWAKENINGS SEATTLE*See Ad on Page D8*

Your new Seattle magazine for
sustainable, healthy living
seattleawakenings.com 206-788-7313

NATURAL CHOICE DIRECTORY FOR WILLAMETTE VALLEY, OR*See Ad on Page B46*

2852 Willamette St, Ste 394, Eugene OR
The Healthy Green Pages 541-687-6780

NATURAL CHOICE DIRECTORY OF PUGET SOUND, WA

Your Guide for a Sustainable Future
227 Bellevue Way NE, #100, Bellevue WA
www.naturalchoice.net 425-373-1987

NEW SPIRIT JOURNAL*See Ad on Page A18*

www.newspiritjournal.com
425-356-7237 206-799-7753

REDIRECT GUIDE*See Ad on Page B46*

Ecologically Wise & Socially Responsible
P.O. Box 14484, Portland, OR 97293
www.redirectguide.com 503-231-4848

WELLNESS DIRECTORY, LA CONNER*See Ad on Page A18*

La Conner Chamber Website: goo.gl/f3Mg2

WELLNESS DIRECTORY, WEST SOUND*See Ad on Page B46*

2023 East Sims Way #311, Port Townsend
mywellnessdirectory.com 360-774-2865

BUILDING CONSULTANTS**MATTHEW BREWSTER, AIBD, CPBD***See Ad on Page A3*

www.Sustainable-Home-Designer.com
Professional Drafting and Designing
610 NW 44th Street, Seattle 206-935-0998

LIVING SHELTER DESIGN

See Ad on Page A10

Innovative Home and Community Design
P.O. Box 1477, Issaquah, WA 98027
www.livingshelter.com 425-427-8643

BUILDING CONTRACTORS

BATT + LEAR, INC

See Ad on Page A6

Good design is sustainable design.
design@battandlear.com
Seattle, WA 206-301-1999

BRIGHT STREET CONSTRUCTION

Residential Remodeling Specialist
www.brightstreetconstruction.com
brightstreet@comcast.net 206-391-2812

GREENPOD

See Ad on Page A10

Designers, Fabricators, and Builders of
Compact Sustainable Homes.
greenpoddevelopment.com 360-385-5614

BUILDING MATERIALS, SUPPLIES & PRODUCTS

ENTERO DESIGN

See Ad on Page A10

& CANYON CREEK CABINET COMPANY
A Sustainable Lifestyle Company
www.enterodesign.com 206-418-8120

GREEN HOME SOLUTIONS

See Ad on Page 9

Earth Friendly Building Products & Home Store
1210 W Nickerson St, Seattle 98119
www.ghsproducts.com 206-284-2281

HABITAT FOR HUMANITY

See Ad on Page A2

Home Improvement Outlets
Seattle & Bellevue habitatskc.org

BUSINESS SERVICES & OPPORTUNITIES

CHRISTINE ARUNDELL

See Ad on Page A10

Home/Office Organizer • Life Transition
Coach • Shift From Clutter to Clarity!
youessentialsolutions.com 425-917-1211

EDGEWATER BUILDING

See Ad on Page 9

Multiple Offices/Warehouses Availability
16000 Mill Creek Blvd. Mill Creek, WA
edgewaterbuilding.com 425-710-0260

NATURAL CHOICE DIRECTORY FOR WILLAMETTE VALLEY, OR

See Ad on Page B46

2852 Willamette St, Ste 394, Eugene OR
The Healthy Green Pages 541-687-6780

NATURAL CHOICE DIRECTORY OF PUGET SOUND, WA

Your Guide for a Sustainable Future
227 Bellevue Way NE, #100, Bellevue WA
www.naturalchoice.net 425-373-1987

NEW YORK LIFE

See Ad on Page A3

Sustainable Retirement Planning
Doug Rough, Financial Services Professional
425-462-4800 425-443-8423

CARPET & UPHOLSTERY CLEANING

ABC JET STEAM

See Ad on Page A5

Husband & Wife team. Baby & Pet safe
"Green" healthy deep clean, truck mount
www.abcjetsteam.com 425-221-2244

CLEANING PRODUCTS

SEATTLE GREEN EARTH CLEANING

See Ad on Page A5

Eco-friendly and Socially Responsible
LICENSED • BONDED • INSURED
seattleGEC.com 206-595-4209

CLEANING SERVICES

ABC JET STEAM

See Ad on Page A5

Husband & Wife team. Baby & Pet safe
"Green" healthy deep clean, truck mount
www.abcjetsteam.com 425-221-2244

SEATTLE GREEN EARTH CLEANING

See Ad on Page A5

Eco-friendly and Socially Responsible
LICENSED • BONDED • INSURED
seattleGEC.com 206-595-4209

DIAPER SERVICES

BABY DIAPER SERVICE

See Ad on Page A3

Add Cloth Diapers to Your Green Lifestyle
It is easy and affordable.
www.babydiaperservice.net 800-562-2229

ENERGY EFFICIENT SOLUTIONS

GROUND SOURCE ENERGY NW

See Ad on Page A6

Saving 40-60% on heating and cooling!
www.GroundSourceEnergyNW.com
Mark Humphrey, Kent WA 425-941-2476

SHORELINE SOLAR PROJECT

See Ad on Page A2

And the 9th NW SOLAR FEST
July 28, 2012 @ Shoreline Comm College
www.shorelinesolar.org

ENVIRONMENTAL DESIGN & CONSULTING

BATT + LEAR, INC

See Ad on Page A6

Good design is sustainable design.
design@battandlear.com
Seattle, WA 206-301-1999

MATTHEW BREWSTER, AIBD, CPBD

See Ad on Page A3

www.Sustainable-Home-Designer.com
Professional Drafting and Designing
610 NW 44th Street, Seattle 206-935-0998

ENTERO DESIGN

See Ad on Page A10

& CANYON CREEK CABINET COMPANY
A Sustainable Lifestyle Company
www.enterodesign.com 206-418-8120

GROUND SOURCE ENERGY NW

See Ad on Page A6

Saving 40-60% on heating and cooling!
www.GroundSourceEnergyNW.com
Mark Humphrey, Kent WA 425-941-2476

LIVING SHELTER DESIGN

See Ad on Page A10

Innovative Home and Community Design
P.O. Box 1477, Issaquah, WA 98027
www.livingshelter.com 425-427-8643

WE DESIGN

See Ad on Page A5

100% Organic • Edible Landscapes
Wildlife Habitat • Drought Tolerant Planting
King County 206-459-7022

Is your business missing?

Make your business a Natural Choice: call 425-373-1987

ENVIRONMENTAL ORGANIZATIONS

ENVIROSTARS

See Ad on Page 12

Support environmentally sound businesses
130 Nickerson St, Ste 100, Seattle 98109
www.envirostars.org 206-263-3063

GREEN AMERICA

Come Together | www.greenamerica.org
1612 K St. NW, Ste 600, Washington DC
800-58-GREEN 202-872-5307

SIERRA CLUB

180 Nickerson Street, Seattle WA 98109
cascade.sierraclub.org 206-378-0114

VEGETARIANS OF WASHINGTON

See Ad on Page C10

Vegfest: March at the Seattle Center
Monthly Dinners, Cooking Classes & More
www.vegofwa.org 206-706-2635

WA ENVIRONMENTAL COUNCIL

1402 Third Ave, Suite 1400, Seattle 98101
www.wecprotects.org 206-631-2600

WA WILDERNESS COALITION

Protecting WA's wild places
www.wawild.org 206-633-1992

ENVIRONMENTAL PRODUCTS

(See Also Cleaning Products)

CARTRIDGE WORLD - SEATTLE

See Ad on Page A2

www.CartridgeWorldUSA.com/store319
400 NE 45th St., Ste 140, Seattle WA
info@cartridgeworldsea.com 206-632-5555

DE JONG'S AVONDALE BARK & TOPSOIL

See Ad on Page A4

Bark, Mulch, Sawdust, Shavings, & Topsoil
Redmond and Lake Stevens Locations.
www.dejongss.com 425-883-0821

GREEN HOME SOLUTIONS

See Ad on Page 9

Earth Friendly Building Products & Home Store
1210 W Nickerson St, Seattle 98119
www.ghsproducts.com 206-284-2281

GREENPOD

See Ad on Page A10

Designers, Fabricators, and Builders of
Compact Sustainable Homes.
greenpoddevelopment.com 360-385-5614

ENVIRONMENTAL SERVICES

ABC JET STEAM

See Ad on Page A5

Husband & Wife team. Baby & Pet safe
"Green" healthy deep clean, truck mount
www.abcjetsteam.com 425-221-2244

ALTSTADT INTERIORS

See Ad on Page A6

Interior Design & Consignment Furniture
2618 NE 55th St., Seattle, Near U Village.
www.altstadinteriors.com 206-523-8838

ARIA ENVIRONMENTAL

See Ad on Page A5

Pest Control Non-Toxic Environmentally Sound
www.ariapest.com
King County 206-718-7288

CARTRIDGE WORLD - SEATTLE

See Ad on Page A2

www.CartridgeWorldUSA.com/store319
400 NE 45th St., Ste 140, Seattle WA
info@cartridgeworldsea.com 206-632-5555

DOWNSIZE NW

See Ad on Page A7

Greg Bartell, Realtor®, GREEN, SRES, CNE
Small home specialists @ RE/MAX Metro Realty
www.downsizenw.com 206-713-2921

ESSENTIAL GARDENERS LLC

See Ad on Page A5

Specialize in organic landscaping methods
www.essentialgardeners.com
Seattle / Eastside 206-898-1451

SEATTLE GREEN EARTH CLEANING

See Ad on Page A5

Eco-friendly and Socially Responsible
LICENSED • BONDED • INSURED
seattleGEC.com 206-595-4209

FACILITIES - OFFICE & MEETING

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page 5

www.alexandarmassageschool.com
4026 Pacific Av Tacoma 253-473-1142

EDGEWATER BUILDING

See Ad on Page 9

Multiple Offices/Warehouses Availability
16000 Mill Creek Blvd. Mill Creek, WA
edgewaterbuilding.com 425-710-0260

FENG SHUI - SERVICES & PRODUCTS

CYNTHIA CHOMOS

See Ad on Page A7

Feng Shui / Color Design / Energy Clearing
Home & Business Consultations, Speaker
CynthiaChomos.com 206-919-0107

EMERALD FENG SHUI INSTITUTE

See Ad on Page A7

Feng Shui Consultations & Prof. Training
Creating Spaces for Abundance & Health
www.cre8tiefengshui.com 206-526-0513

FENG SHUI THE SPIRIT OF PLACE

See Ad on Page A7

Mastery level feng shui for auspicious
results. More than 20 years of experience.
fengshuithespiritofplace.com 206-361-9382

KIM LANEY LMP CSP

See Ad on Page B25

SHEN® Physio-Emotional Therapy
Acutonics
www.acu-shen.com 206-920-7436

VISION QUEST BOOKSTORE & WELLNESS CENTER

See Ad on Page D4

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1591

FINANCIAL PLANNING

NEW YORK LIFE

See Ad on Page A3

Sustainable Retirement Planning
Doug Rough, Financial Services Professional
425-462-4800 425-443-8423

FUNERALS

A SACRED MOMENT

See Ad on Page A9

Home Funeral Vigils and Green Burials
Serving Everett, Mill Creek, & Snohomish Co.
www.asacredmoment.com 425-316-8290

PEOPLE'S MEMORIAL FUNERAL COOP

See Ad on Page A8

Green Burial & Carbon Neutral Cremation
1801 12th Avenue, Seattle
www.funerals.coop 206-529-3800

www.naturalchoice.net:

your portal to a better world

FURNITURE & ACCESSORIES

ALTSTADT INTERIORS

See Ad on Page A6

Interior Design & Consignment Furniture
2618 NE 55th St., Seattle, Near U Village.
www.altstadinteriors.com 206-523-8838

BEDROOMS & MORE

See Ad on Page A8

Family Owned and Operated Since 1972
www.bedroomsandmore.com
300 NE 45th St., Seattle 206-633-4494

ENTERO DESIGN

See Ad on Page A10

& CANYON CREEK CABINET COMPANY
A Sustainable Lifestyle Company
www.enterodesign.com 206-418-8120

GREEN HOME SOLUTIONS

See Ad on Page 9

Earth Friendly Building Products & Home Store
1210 W Nickerson St, Seattle 98119
www.ghsproducts.com 206-284-2281

HABITAT FOR HUMANITY

See Ad on Page A2

Home Improvement Outlets
Seattle & Bellevue habitatskc.org

SEATTLE NATURAL MATTRESS

See Ad on Page A8

www.SeattleNaturalMattress.com
4033 Aurora Ave North, Seattle, WA
seanattmatt@gmail.com 206-419-9550

THE SLEEP STORE

See Ad on Page A9

Organic Mattresses | Free Delivery
10623 NE 8th Street, Bellevue, WA 98004
www.thesleepstoreusa.com 425-454-8727

GARDENING SUPPLIES & NURSERIES

DE JONG'S AVONDALE BARK & TOPSOIL

See Ad on Page A4

Bark, Mulch, Sawdust, Shavings, & Topsoil
Redmond and Lake Stevens Locations.
www.dejongss.com 425-883-0821

ESSENTIAL GARDENERS LLC

See Ad on Page A5

Specialize in organic landscaping methods
www.essentialgardeners.com
Seattle / Eastside 206-898-1451

SOUND SOLUTIONS

See Ad on Page A5

Organic pest management • Fertilization
www.soundsolutionsopm.com
Seattle & Eastside 206-363-4207

WE DESIGN

See Ad on Page A5

100% Organic • Edible Landscapes
Wildlife Habitat • Drought Tolerant Planting
King County 206-459-7022

GIFTS & GREETING CARDS

EAST WEST BOOKSHOP

See Ad on Page D6

6500 Roosevelt Way NE, Seattle
eastwestbookshop.com 206-523-3726

HAIR SALONS

POMPEO'S HAIR SALON

See Ad on Page A3

5903 244th St SW, #A, Mountlake Terrace
Jeanette Pompeo, Stylist 425-774-6700

SALON PURE GENIUS

See Ad on Page A3

Natural Products, Supernatural Results
www.salonpuregenius.com 425-299-1967

UNIQUELY NATURAL

See Ad on Page A3

Chemical Free * Safe Products * Hair Salon
5903 244th St. SW, #C, Mountlake Terrace
www.uniquely-natural.com 425-774-6078

HOUSING - ALTERNATIVE

MATTHEW BREWSTER, AIBD, CPBD

See Ad on Page A3

www.Sustainable-Home-Designer.com
Professional Drafting and Designing
610 NW 44th Street, Seattle 206-935-0998

PACIFIC YURTS

See Ad on Page A11

Unique, low impact, easy to install
structures providing year round comfort
www.yurts.com 800-944-0240

INTERIOR DESIGN & DECORATION

ALTSTADT INTERIORS

See Ad on Page A6

Interior Design & Consignment Furniture
2618 NE 55th St., Seattle, Near U Village.
www.altstadinteriors.com 206-523-8838

CYNTHIA CHOMOS

See Ad on Page A7

Feng Shui / Color Design / Energy Clearing
Home & Business Consultations, Speaker
CynthiaChomos.com 206-919-0107

EMERALD FENG SHUI INSTITUTE

See Ad on Page A7

Feng Shui Consultations & Prof. Training
Creating Spaces for Abundance & Health
www.crebtivfengshui.com 206-526-0513

ENTERO DESIGN

See Ad on Page A10

& CANYON CREEK CABINET COMPANY
A Sustainable Lifestyle Company
www.enterodesign.com 206-418-8120

FENG SHUI THE SPIRIT OF PLACE

See Ad on Page A7

Mastery level feng shui for auspicious
results. More than 20 years of experience.
fengshuihthespiritofplace.com 206-361-9382

LANDSCAPING AND LANDSCAPE DESIGN

DE JONG'S AVONDALE BARK & TOPSOIL

See Ad on Page A4

Bark, Mulch, Sawdust, Shavings, & Topsoil
Redmond and Lake Stevens Locations.
www.dejongss.com 425-883-0821

ESSENTIAL GARDENERS LLC

See Ad on Page A5

Specialize in organic landscaping methods
www.essentialgardeners.com
Seattle / Eastside 206-898-1451

SKIPLEY FARM & BOREALIS LANDSCAPE

See Ad on Page C14

Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.com 206-679-6576

SOUND SOLUTIONS

See Ad on Page A5

Organic pest management • Fertilization
www.soundsolutionsopm.com
Seattle & Eastside 206-363-4207

WE DESIGN

See Ad on Page A5

100% Organic • Edible Landscapes
Wildlife Habitat • Drought Tolerant Planting
King County 206-459-7022

OFFICE SUPPLIES

ALTSTADT INTERIORS

See Ad on Page A6

Interior Design & Consignment Furniture
2618 NE 55th St., Seattle, Near U Village.
www.altstadinteriors.com 206-523-8838

CARTRIDGE WORLD - SEATTLE

See Ad on Page A2

www.CartridgeWorldUSA.com/store319
400 NE 45th St., Ste 140, Seattle WA
info@cartridgeworldsea.com 206-632-5555

ORGANIC PRODUCTS

A SACRED MOMENT

See Ad on Page A9

Home Funeral Vigils and Green Burials
Serving Everett, Mill Creek, & Snohomish Co.
www.asacredmoment.com 425-616-8290

BEDROOMS & MORE

See Ad on Page A8

Family Owned and Operated Since 1972
www.bedroomsandmore.com
300 NE 45th St., Seattle 206-633-4494

HOLY LAMB ORGANICS

See Ad on Page A9

Manufacturer of organic bedding, baby & bath with organic cotton and eco-wool.
holylamborganics.com 888-359-1362

ORGANIC CONSUMERS ASSOC

See Ad on Page C14

www.organicconsumers.org
6771 S Silver Hill Dr
Finland, MN 218-226-4164

PEOPLE'S MEMORIAL FUNERAL COOP

See Ad on Page A8

Green Burial & Carbon Neutral Cremation
1801 12th Avenue, Seattle
www.funerals.coop 206-529-3800

SALON PURE GENIUS

See Ad on Page A3

Natural Products, Supernatural Results
www.salonpuregenius.com 425-299-1967

SEATTLE NATURAL MATTRESS

See Ad on Page A8

www.SeattleNaturalMattress.com
4033 Aurora Ave North, Seattle, WA
seanattmatt@gmail.com 206-419-9550

THE SLEEP STORE

See Ad on Page A9

Organic Mattresses | Free Delivery
10623 NE 8th Street, Bellevue, WA 98004
www.thesleepstoreusa.com 425-454-8727

SOUND SOLUTIONS

See Ad on Page A5

Organic pest management • Fertilization
www.soundolutionsopm.com
Seattle & Eastside 206-363-4207

STIEBRS FARMS

See Ad on Page C7

Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 360-458-3333

UNIQUELY NATURAL

See Ad on Page A3

Chemical Free * Safe Products * Hair Salon
5903 244th St. SW, #C, Mountlake Terrace
www.uniquely-natural.com 425-774-6078

ORGANIZERS - HOME,
OFFICE, LIFE

CHRISTINE ARUNDELL

See Ad on Page A10

Home/Office Organizer • Life Transition
Coach • Shift From Clutter to Clarity!
youessentialsolutions.com 425-917-1211

PAINTS & STAINS

GREEN HOME SOLUTIONS

See Ad on Page 9

Earth Friendly Building Products & Home Store
1210 W Nickerson St, Seattle 98119
www.ghsproducts.com 206-284-2281

PEST CONTROL

ARIA ENVIRONMENTAL

See Ad on Page A5

Pest Control Non-Toxic Environmentally Sound
www.ariapest.com
King County 206-718-7288

SOUND SOLUTIONS

See Ad on Page A5

Organic pest management • Fertilization
www.soundolutionsopm.com
Seattle & Eastside 206-363-4207

PET STORES & SUPPLIES

CROWN HILL PET SUPPLY

See Ad on Page C3 & Coupon Online

Your Natural Pet Care Oasis
9053 Holman Rd NW, Seattle 98117
www.crownhillpet.com 206-783-9570

NATURE BOYS FARM & PET SUPPLY

See Ad on Page C3

17022 Pacific Ave
Spanaway 98387 253-537-8370

NEXT TO NATURE

See Ad on Page C3

Your Pet's Health Food Store
Edmonds • Seattle • Tacoma
www.next-to-nature.com

PHOTOGRAPHERS,
ARTISTS, & DESIGNERS

SACRED LIGHT BIRTH SERVICES

See Ad on Page B10

Birth & Postpartum Doula • Parenting Classes
Placenta Encapsulation • Birth Photography.
Marquita Straus 206-486-2936

REAL ESTATE

DOWNSIZE NW

See Ad on Page A7

Greg Bartell, Realtor®, GREEN, SRES, CNE
Small home specialists @ RE/MAX Metro Realty
www.downsizenw.com 206-713-2921

EDGEWATER BUILDING

See Ad on Page 9

Multiple Offices/Warehouses Availability
16000 Mill Creek Blvd. Mill Creek, WA
edgewaterbuilding.com 425-710-0260

FENG SHUI THE SPIRIT OF PLACE

See Ad on Page A7

Mastery level feng shui for auspicious
results. More than 20 years of experience.
fengshuithespiritofplace.com 206-361-9382

RECREATION

(See Also Health Spa in Sect B &
Retreats in Sect D)

DOE BAY RESORT AND RETREAT

See Ad on Page D3

107 Doe Bay Road, Olga WA 98279
www.doebay.com 360-376-2291

RECYCLING & WASTE REDUCTION SERVICES

CARTRIDGE WORLD - SEATTLE

See Ad on Page A2

www.CartridgeWorldUSA.com/store319
400 NE 45th St., Ste 140, Seattle WA
info@cartridgeworldsea.com 206-632-5555

ENVIROSTARS

See Ad on Page 12

Support environmentally sound businesses
130 Nickerson St, Ste 100, Seattle 98109
www.envirostars.org 206-263-3063

SEATTLE GREEN EARTH CLEANING

See Ad on Page A5

Eco-friendly and Socially Responsible
LICENSED • BONDED • INSURED
seattleGEC.com 206-595-4209

TREE SERVICE

SOUND SOLUTIONS

See Ad on Page A5

Organic pest management • Fertilization
www.soundsolutionsopm.com
Seattle & Eastside 206-363-4207

WORKSHOPS & CLASSES - GREEN PRACTICES

CYNTHIA CHOMOS

See Ad on Page A7

Feng Shui / Color Design / Energy Clearing
Home & Business Consultations, Speaker
CynthiaChomos.com 206-919-0107

YURTS

PACIFIC YURTS

See Ad on Page A11

Unique, low impact, easy to install
structures providing year round comfort
www.yurts.com 800-944-0240



Recycling in Wa

continued from page A-9

for recycling, medications themselves are best kept out of the waste stream, where they contaminate soil and water and pose a risk to people and wildlife. A coalition of organizations, Take Back Your Meds, is advocating for a statewide program for the safe disposal of unwanted medications, to be funded by the drug producers. With no such a program in place yet, some local pharmacies and law enforcement offices have stepped up on a voluntary basis as dropoff locations for household medications. However, this solution is temporary and only serves a portion of the state's population.

Composting

Food scraps account for the single largest category of waste in the state's landfills, 18.3 percent in 2009. Municipal composting programs have been effective in reducing this amount. Since 2009, all single-family residences in the city of Seattle must separate out food and yard waste from other garbage for collection. This requirement was extended to all apartment and condominium residents in 2011. In 2012 alone, the city diverted 125,000 tons of food and yard waste from landfills through composting.

The city of Olympia included curbside food and yard waste collection in its Towards Zero Waste Plan adopted in 2007 and has made significant strides in diverting such waste from landfills. Voluntary curbside food and yard waste collection is also available in several other cities, including Bellevue, Spokane, and Tacoma.

Other Initiatives

While significant progress has been made recently, efforts to green our waste management continue.

Seattle Public Utilities has several initiatives in place to promote waste

prevention, including an opt-out program for unwanted phone books, composting programs in 10 public schools, and support for various legislative and educational efforts.

Some materials that cannot be recycled through municipal programs can be dropped off with independent recyclers. IKEA and Styro Recycle, both in Renton, accept styrofoam blocks and packing peanuts, which must otherwise be disposed of in the garbage.

In July 2012, a ban went into effect in Seattle prohibiting all retail stores in the city from offering single-use plastic shopping bags and requiring them to charge at least five cents for large recyclable paper bags. The goal is to reduce waste by encouraging customers to bring their own reusable bags.

Numerous Washington counties participate in a reusable materials exchanges such as the King County online exchange and the multi-county exchange 2Good2Toss, in which individuals can list items they want to give away or exchange. King County's "What do I do with..." website provides removal and recycling information for a wide range of household materials.

Recycling has the power to change our lives and communities by conserving natural resources, saving energy, and keeping waste out of landfills. Not only does waste takes up space, it also pollutes the air and water, threatening the health of both human beings and nature. Diverting even the smallest bit of waste makes a difference. It all adds up, with every item that is reused or recycled making Washington – and our lives – just a little more evergreen.

Annika S. Hipple is a Seattle-based freelance writer and editor specializing in travel and sustainability. Her website is www.annikahipple.com.

ahh! **\$10 OFF**

- Doctor-Nurse Owned Holistic Center
- 24/7 Live Person Verification
- No State Registry • Protected Patient Data

Advanced Holistic Health
Issaquah (Gilman Blvd)
Seattle (in SODO)

425-243-2441 or 888-508-5428
AdvancedHolisticHealth.org

paws.org



paws. Making a better world for animals.

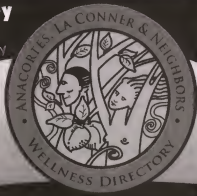
Planning a Getaway to Nurture You?

Anacortes • La Conner • Skagit Valley

We invite you to use our community created **Wellness Directory** for your relaxation, health & happiness!

View the **Wellness Directory** at goo.gl/f3Mg2

Wellness Events & Happenings:
www.facebook.com/laconnerwellness



New Spirit
JOURNAL

A community newspaper for soulful living

Articles and advertising that inspires, educates, and makes you think! Distributed free at over 650 locations

in the Puget Sound region.
Locally owned. 50,000+ readers, and growing!

www.newspiritjournal.com
425-356-7237

Now offering website design
www.indigodog.com



Modalities & Terms for Section B

Acupressure – This technique stimulates specific acupuncture points through applying pressure with the fingers or hands.

Acupuncture – Acupuncturists insert specially made needles into specific points to stimulate the body's natural energy. In 1997, the National Institutes of Health officially recognized acupuncture as an effective treatment for pain and nausea. Licensed in Washington and more than 30 other states, acupuncturists work as independent providers of health care for a range of conditions from pain management to women's health problems.

Aikido – The Japanese name of this martial art literally means "the way of spiritual harmony." Like Tai Chi, Aikido exercises emphasize harmony and grace of movement.

Applied Kinesiology – Developed in the 1960s by chiropractor George Goodheart, this technique evaluates an individual's structural, chemical and mental health through a form of muscle testing. Practitioners use a variety of therapeutic techniques including nutritional counseling, manipulation, acupressure, and exercise.

Aromatherapy – French chemist Rene Gattefossé experimented with pure essential oils derived from aromatic plants. This led him to coin the term "aromatherapy" to describe the physical and psychological benefits of the powerful scents given off by these oils. Today aromatherapy remains a specific and specialized branch of herbal medicine.

Ayurvedic Medicine – In this ancient medical system from India, patients are classified into three metabolic body types: vata, pitta and kapha. Natural means of disease prevention including herbs, oils, minerals, heat, water, massage, yoga, meditation, elimination therapy and counseling are recommended according to body type.

Bioenergetics – As a bodywork approach, Bioenergetics focuses on the pattern of muscular tension in a person and how that tension directly relates to the person's emotional history and childhood relationships. Bioenergetic exercises such as breathing techniques seek to open blocked or tense areas of the body.

- B28 Acupressure
- B28 Acupuncture
 - AIDS & HIV Services
- B28 Allergy & Chemical Sensitivity Treatment
- B29 Animal Services *(See also B: Veterinary Services)*
- B29 Anti-aging Therapies
- B29 Applied Kinesiology and Kinesiology
- B29 Aromatherapy Services & Products
- B29 Ayurvedic Medicine
 - Back Care Products
- B29 Bioenergetics
- B30 Biofeedback *(See also D: Guided Imagery)*
 - Birth Control Services & Products
- B30 Bodytalk
- B30 Bowenwork
- B30 Brain Health
- B30 Breathwork & Breathing Techniques
- B30 Cancer Care - Alternatives
- B30 Chelation Therapy
 - Childbirth Ed *(See Midwifery & Pregnancy)*
 - Children's Health *(See Pediatric Medicine)*
- B30 Chinese Medicine
- B31 Chiropractors
- B31 Chronic Fatigue & Illness
- B31 Colon Therapy
- B31 CranioSacral Therapy
 - Dance Therapy *(See D: Dance & Movement)*
- B32 Deep Tissue Bodywork
- B32 Dentists & Orthodontists
- B32 Detoxification Therapy
 - Doula *(See B: Midwifery & Pregnancy Svcs)*
 - Empathology
- B33 Energy Balancing & Energetic Healing
- B33 Environmental Medicine
 - Enzyme Therapy
- B33 Essential Oils & Flower Remedies
- B34 Estheticians *(See also B: Facials & Skin Care)*
- B34 Facials
- B34 Feldenkrais Method

Section B

Natural Health



Natural
Healthcare
Fitness
Bodywork

- B34 Fertility & Infertility Treatment**
- B34 Fibromyalgia Treatment**
- B34 Fitness Training**
Flower Therapy
- B34 Geriatric Care**
Gynecology (See B: Women's Health)
- B34 Hands of Light Healing**
- B34 Healing Tools**
- B34 Healing Touch**
- B34 Health Centers & Clinics**
Health Insurance
- B35 Health Products**
- B35 Health Spas** *(See also D: Retreats)*
- B35 Hellerwork**
- B35 Herbalists** *(See also C: Herbs)*
- B35 Holistic Practitioners**
- B36 Homeopathic Practitioners**
(See also C: Homeopathic Remedies)
- B36 Hydrotherapy**
- B36 Iridology**
Kinesiology (See B: Applied Kinesiology)
- B36 Lymphatic Drainage & Therapy**
- B36 Martial Arts & Personal Safety**
Massage - Hawaiian Bodywork & Lomi Lomi
- B36 Massage - Hot Stone**
Massage - On Site Service
- B37 Massage - Pregnancy & Infant**
Massage - Sports
- B37 Massage - Swedish**
- B37 Massage Tables, Equipments & Supplies**
- B37 Massage Therapists**
- B38 Men's Health**
- B38 Midwifery** *(See also B: Pregnancy Services)*
Movement Therapy (See D: Dance & Movement)
Muscular Therapy
Myotherapy
NAET
- B38 Naturopathic Medicine**
- B39 Neurofeedback**
- B39 Neuromuscular Therapy**
- B39 Nursing - Holistic**
- B39 Nutrition Consultants**
- B39 Optometry & Vision Care**
- B39 Orthopedic Medicine**
- B39 Oxygen Therapies**
- B40 Pain Management & Injury Treatment**
- B41 Pediatric Medicine**
Personal Trainers (See Fitness)
- B41 Physical & Occupational Therapy**
- B41 Physicians - MD's, DO's, & PA-C's**
Pilates
Podiatrists
- B41 Pregnancy Services**
Preventive Medicine (See B: Testing & Screening)
- B41 Prolotherapy**
- B41 Qi Gong & Tai Chi**
- B42 Reconnective Healing**
- B42 Reflexology**
- B42 Reiki**
- B42 Rolfing®**
- B42 SHEN Therapy**
- B42 Shiatsu**
- B43 Skin Care Services** *(See also B: Facials)*
- B43 Skin Care Products**
- B43 Sleep Medicine**
- B43 Soap & Soap Making Supplies**
Spas (See B: Health Spas)
- B43 Sports Medicine**
- B43 Structural Integration**
Tai Chi (See Qi Gong & Tai Chi)
- B43 Testing & Health Screening**
- B44 Thermography**
- B44 Trager**
- B44 Veterinary Services** *(See also B: Animal Svcs)*
- B44 Visceral Manipulation**
Vision Care (See B: Optometry)
Watsu
- B44 Weight Management**
- B44 Women's Health**
- B45 Workshops - Natural Health**
Yoga Therapy (See D: Yoga Instruction)

In Pills We Trust? Or Not! — Excerpts from In Pills We Trust? by Tammy Hung & Natural Health Care by Ann Pietrangelo, in collaboration with Dr. Calvin Kwan

We Are An Unhealthy Bunch

Despite spending 2.5 times more on health care in comparison to other OECD countries, the US ranks in the last quartile, #25 out of 32, in life expectancy. See the infographic [next page] for some shocking statistics on our Current State of Health. What is wrong with our health care approach?

Our conventional solution to disease is to pop a pill to solve a problem. Certainly there are situations where taking medication is necessary, or even critical to our survival. However, if we have to consistently take over 10 pills a day, we have to ask why and at what cost (to both our wallets and our health). Doesn't the list of side effects disclosed in the pharmaceutical commercials raise any concerns? More pills, more side

effects, then more pills to control the side effects. Where does the cycle stop?

Isn't It Time to Make the Natural Choice?

The buck stops with us, the owner of our bodies. Using the definition from the World Health Organization, "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." In another words, health does not equate to purely controlling diseases. To achieve complete physical, mental and social well-being, one needs to take a sustainable approach to life.

Eat Well. Be Active. Rid the Toxins. These age-old principles are never out of fashion.

Natural Health Care: Complementary and Alternative Medicine (CAM) 101

Natural health care is a very broad term, but "It is a patient-centered philosophy designed to empower individuals. Natural health care generally does not involve surgical or pharmaceutical means to prevent or treat disease," says Dr. Calvin Kwan, naturopathic doctor (ND) and clinical resident at Bastyr Center for Natural Health.

Who Uses CAM?

About 38 percent of adults in the U.S. use some type of CAM, according to the National Center for Complementary and Alternative Medicine (NCCAM).

Continued on page B-5

Natural Health

New Leaf Hyperbarics

Heal. Build. Thrive.

Oxygen Therapy benefits chronic fatigue, fibromyalgia, detoxification, ...


NewLeafHBT.com
(800) 689-1254

Only \$39

1-hr mild hyperbaric therapy
1pp. Mention Natural Choice Directory



OPTICS ONE



**Specializing in
PREVENTATIVE GLAUCOMA
and
MACULAR DEGENERATION**

**Eye Exams,
Contact Lenses & Glasses**

Dr. Joanne M. Furukawa
Holistic Optometric Physician

425-227-8888

601 S. Grady Way, Ste. Q,
Renton, WA (at Renton Village)

**most vision plans welcome*

**Family Optometry
and Vision Therapy**



Kathleen M. Kinney
OD, FCOVD
Optometric Physician

Complete Vision Care
Eye Exams • Vision Therapy
Contemporary Eyewear • Contact Lenses

206.624.0737
Third and Pike, Seattle
www.drkathleenkinney.com

**Specializing in Sclerology
for current healing progress
and detailed body analysis.**

The Iris is an extension of the brain,
recording inherited patterns relating
to potential weaknesses.

**IRIDOLOGY AND
SCLEROLOGY**

Nancy Seals glorianna52@aol.com
MSG 360-705-4465
CELL 360-556-3556

MEMBER IRIA (INT'L IRIDOLOGY PRACTITIONERS ASSOC.), PUGET SOUND WELLNESS & THE SOUTH SOUND HEALING ASSOCIATION

Bionic HydroTherapy
Users Report RELIEF from:

- ✓ Toxin Exposure
- ✓ Arthritis Pain & Inflammation
- ✓ Sports / Trauma Injuries
- ✓ Edema / Gout
- ✓ Fibromyalgia
- ✓ Migraine
- ✓ Vision Problems
- ✓ Peripheral Neuropathy
- ✓ Insomnia
- ✓ Shingles and more.

Bionic HydroTherapy
Safe enough to use at home -

Call 1-360-387-8124
Visit BionicHydroTherapy.com

Made in the USA • 100% Natural • No Prescription • No Pain • No Risk

The Natural Health Medical Clinic



Chelation
Homeopathy
Herbal Medicine
Heavy Metal Detox
Complementary Cancer Care
Hyperbaric Oxygen Therapy
Sliding scale available

John Ruhland, ND | 206-723-4891

www.drruhland.com | mail@drruhland.com

4002 25th Ave S, (Beacon Hill) Seattle, WA 98108

Primary Care Pediatrics Women's Health Care



Pediatric Nutrition
Vaccination Counseling
Fertility
Menstrual Difficulties
Detoxification

Cascade Natural Medicine

Dr. Candace Aasan

Naturopathic Physician

12911 120th Ave. NE, Ste. E-50
Kirkland, WA 98034

425.820.7700

www.CascadeNaturalMedicine.com

Emerald Center for Integrative Medicine

"Seattle's Home for Healing the
Body, Mind & Spirit"

Dr. Teresa Goldsmith
Naturopathic Medicine
Ayurveda

206.525.5576

info@theemeraldcenter.com



Naturopathic
Medicine
Acupuncture
Natural Pharmacy

Dr. Trina Seligman

Women's Health, ADD/ADHD,
Depression & Anxiety, Family Medicine

Dr. Carol Bobovski

Natural Family Medicine,
Women's Health, IBS/Allergies

425.999.4503 | www.eimed.com | Bellevue

SEATTLE NATURAL HEALTH

Dr. David Ramaley ND, DC, DACNB

Specializing in:

Acute & Chronic Pain PMS, Hormone Imbalances

Allergy Testing/Desensitization Auto/Work Accidents

Asthma/Chronic Sinus Problems Carpal Tunnel

Complex Neurological Cases



Integrating
Naturopathic,
Chiropractic
and Applied
Kinesiological
Methods

12345 Roosevelt Way NE, #101, Seattle • 206.306.7797

www.SeattleNaturalHealth.com

Most Insurance accepted

Glossary

Continued from page A-18

Biofeedback – Using a biofeedback machine, practitioners teach patients how to control and change such autonomic body functions as blood pressure, heart rate, circulations, digestion and perspiration. Through monitoring "feedback" using auditory or visual cues, users extend their understanding of physiological functioning far beyond the normal five senses.

BodyTalk – The BodyTalk System works gently to identify and clear imbalances caused by stress, trauma or injury. It restores the body's innate ability to heal, thereby initiating physical, emotional and mental healing and wellbeing, without the use of drugs or supplements.

Bowenwork – The original Bowen Technique was developed in the 1950's by the late Tom Bowen of Geelong, Australia. Bowenwork is a gentle, non-invasive form of bodywork. Subtle moves performed over the muscles and connective tissue send messages deep into the body stimulating the nervous system to reset and initiate healing.

Chelation Therapy – First developed as a treatment for lead poisoning, chelation therapy removes toxins and heavy metals from the bloodstream through intravenous drips of EDTA, a synthetic amino acid. Today, specially trained physicians use chelation as a method to improve blood circulation for sufferers of atherosclerosis (hardening of the arteries) and other degenerative diseases.

Chinese (Oriental) Medicine – Traditional Chinese medicine encompasses a vast range of therapies including acupuncture, herbs, bodywork, exercise and diet. From the ancient art of Tai Chi to the modern practice of Zero Balancing, the Chinese view of the body as an interrelated system of energy and physical matter permeates many different forms of alternative medicine.

Continued on page B-6

In Pills We Trust?

continued from page B-3

The most frequently used are non-vitamin, non-mineral, natural products. Among CAM therapies growing in popularity are deep breathing exercises, meditation, massage, and yoga. Musculoskeletal problems like back, neck, or joint pain are the most cited reasons for using CAM.

Sounds Good, But Where Do I Start?

Thinking of adopting a more natural approach to your own health care, but don't know where to begin? We asked Dr. Kwan to provide some basic information to get you on your way.

Modern Medicine or Natural Health Care: A False Choice

Can naturopathic care be used as primary care... and must you choose between naturopathic care and conventional medical care?

"People ask that all the time," says Kwan. "But it's not a black or white choice—it's gray—and I personally feel there is no right or wrong paradigm. It's a question of common sense. If you suffer a traumatic injury you should go to the ER; if you require surgery, you'll need a surgeon. A naturopathic doctor can do a fantastic job of behavior modification, supportive care, preventative care, and education. There's a time and a place for each approach.

"What is important is that medicine should not be symptom based, but patient centered. We need to focus on what's best for the patient."

What Types of Services Do Naturopathic Doctors Provide?

NDs provide primary care services, including the same screenings and labs provided by MDs, and they can prescribe some medications.

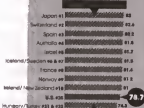
"The goal," Kwan says, "is to stimulate the body's ability to heal and remove obstacles to a cure. We do that through exercise and diet counseling, natural manipulation, botanicals, homeopathy, cognitive behavioral therapies, biofeedback, and holistic care. NDs are teachers. We talk to our patients and engage in active listening. We generally are able to spend more time with our patients than MDs. We teach our patients and use nature as it is intended to heal the body. If that

Continued on page B-6

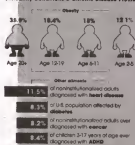
IN PILLS WE TRUST?

We Are An Unhealthy Bunch

U.S. Ranks in the Last Decade for Life Expectancy Among OECD Countries (2010)

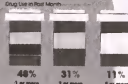


Unhealthy Conditions & Chronic Disease Profile



So We Pop More Pills

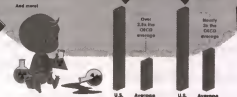
We Save Prescription Drugs (Drug Use in the Home)



Overdose & Deaths per 100,000
Examples:
2010: 100
2011: 100
2012: 100
2013: 100
2014: 100
2015: 100
2016: 100
2017: 100
2018: 100
2019: 100
2020: 100
2021: 100
2022: 100
2023: 100
2024: 100
2025: 100
2026: 100
2027: 100
2028: 100
2029: 100
2030: 100

Now We Are Loaded With Toxins & Debt

Over 200 industrial chemicals used in food & animal waste
U.S. has the highest healthcare cost among OECD countries



Isn't It Time To Make the Natural Choice?

Be Well!
"If everything is going well & I don't need medicine, I'm healthy."
—Michael (Fictional)

Be Active!
"There's nothing better than running in the park with my dog."
—Michael (Fictional)

Rid the Toxins!
"The toxins in my food are making me feel sick."
—Michael (Fictional)

Reclaim Your Body!
"I feel like I'm taking control of my health."
—Michael (Fictional)

To help spread the idea, please consider embedding this diagram onto your website. Simply copy the code at the bottom of the screen from <http://www.naturalchoice.net/artwork.php>

Natural Health

New Health

Medical Center & Acupuncture Clinic

Pain • Smoking • Weight • Stress

SAFE • GENTLE • EFFECTIVE

Serving Seattle Area Since 1978

European Detox/Rejuvenation • Women's & Children's Care
Injuries • Allergy Elimination • Back • Headache • Arthritis

Fatigue • Functional Disorders • Non-Surgical Facelift • Herbs

Acupuncture • Lab Testing • Massage • Manipulation

Nutrition • Colonic Irrigation • SlimAgain HCG Weight Loss

Insurance • Evenings • Senior Discount

Dr. R. Kiteff, M.A., L.Ac., N.D.

Nationally & State Certified Acupuncturist

Naturopathic Physician • NW Hospital Staff

(425) 775-6001

www.newhealthmed.com | 23700 Edmonds Way



North Seattle in person or via phone
Free consultation
Robin Maynard-Dobbs ChT

206.789.1764

www.awareeating.com

Stop Bingeing
Lose Weight
Life Coaching
Hypnotherapy



BodyTalk

the language of health

Experience this
Revolutionary
**BodyMind
Healing**

"Balancing and restoring the
body's natural ability to heal."

Successfully addressed:

Allergies • Pain • Fatigue

Digestive disorders

Immune & Endocrine functions

PTSD • Anxiety/Depression

Viruses/Infections

Sleep disorders

Bodytalk practitioners near you:

Diana Gard

206.399.7805 SacredApproach.com

Suryo Linda Gardner

206.251.0621 SuryoGardner.com

In Pills We Trust

continued from page B-5

doesn't work, we refer our patients out to MDs."

How Do I Choose an ND or Other Natural Health Practitioner?

"Think about what resonates with you and what you want in a primary care physician or specialist," suggests Kwan. "Do your research. Find reliable sources and websites for insight, ask friends, visit schools that teach it. Have in mind what you want and how you wish to be treated. Then make an appointment and see if you can establish a good rapport."

"The best thing you can do is to be more aware. Empower yourself. Perform your research and be an active participant in your own health. Don't do things just because someone tells you to."

Looking for the Natural Choices Online

Guiding you to sustainability has always been the mission of the Natural Choice Directory. Merriam-Webster has a great definition of a **DIRECTORY**: serving to direct, specifically providing advisory but not compulsory guidance. This has been our model - to provide the direction and information so that you can make informed independent decisions. But we won't be "directing", if you cannot locate the information you need!

Each individual has a unique way of looking for items of interest. So we have incorporated different search mechanisms on our website to accommodate different search habits. Here are the different ways you can find local natural health practitioners and sustainable businesses on the Natural Choice website.

Glossary

Continued from page B-4

Chiropractic - Chiropractic Physicians address the physiological & biochemical aspects of man and the inter-relationships between structural, spinal, musculoskeletal, neurological, vascular, nutritional, mental, emotional, and environmental factors. They use spinal, cranial, and extremity adjustments to remove misalignments, called subluxations. They may also give dietary advice and recommend nutritional supplementation, herbs and botanicals. Many chiropractors are primary health care providers.

Colon Hydrotherapy - Colon hydrotherapy cleanses the colon through gentle water infusions. This specific form of hydrotherapy first gained wide-spread popularity in the great health spas of the Edwardian age.

CranioSacral Therapy - By gently manipulating the bones of the skull, practitioners seek to enhance the functioning of the CranioSacral system, a fluid circulatory system that surrounds and protects the brain and spinal cord.

Deep Tissue Bodywork - This term covers a range of therapies such as myofascial release, Bonnie Prudden method, Hellerwork and Rolfing. All these techniques go deeper than the standard Swedish massage, applying deep pressure to the actual muscle tissue itself to open and release tension.

Dentistry (Holistic or Natural) - Natural dentistry may include such innovative treatments as dental acupuncture, homeopathic remedies, and non-toxic mercury-free fillings. Holistic dentists aim to help prevent tooth decay and gum disease while minimizing the use of drugs or surgery.

Detoxification Therapy - Found in almost all alternative medical systems from Ayurveda to naturopathic, detoxification techniques seek to cleanse the body of chemicals, pollutants and other toxins to improve overall health. See also Environmental Therapy.

Continued on page B-8

Continued on page B-8

Bowenwork®

The original Bowen Technique



Lasting Relief!

You can change your life

Find a Licensed, Professional
Bowenwork Practitioner Near You:

Bothell, Kirkland

Cathy Kruse, LMP, PBP
206.498.4790 | thebowenworkcenter.com

Seattle

Elizabeth Fleming-Prot, PBP
206.789.8567 | equinoxhealingarts.com

Tiffany Tomkinson, PBP, LMP
206.883.7564 | seattlebowen.com

Wendy Vogt, CHT, LMP, PBP
206.280.2165 | northsoundhealingarts.com

Snohomish

Gretchen Miles & Rosina 'Misty' Williams
Bowenwork, Instructor & Practitioner
360.568.7075 | bowenworknw.com

Bowenwork is a gentle neuromuscular therapy that evokes deep relaxation and renews the body's capacity for self healing; enabling the body to naturally correct imbalances and conditions that cause the body to function improperly.

dentistry

robert feasel dds

- Mercury-free dentistry
- Cosmetic dentistry
- Biocompatible
- TMJ / Chirodantics
- Envirostar member
- We work with your MD, ND or chiropractor on mercury removal/detox and structural issues

206-362-5400

19500 Ballinger Way NE, #111
Shoreline, WA 98155

www.feaseldental.com

Natural Health

Pacific Health Restoration Center

Dr. Lucinda

Messer

Our Clinic Offers:

Integrative Cancer Therapies
Gerson Diet / Protocol
Oxygen Therapies: UBI / Ozone
IV Nutrients For All Conditions
AntiAging Medicine / BHRT
Naturopathic Medicine
Weight Loss Programs
Prolotherapy

Our Healing Center Offers:

Gerson Diet / Protocol
Classes in Detoxification / Food Prep

We Specialize In Restoring Health for:

Chronic / Degenerative Illnesses
Fungal / Viral / Autoimmune
Thyroid / Adrenal
Allergies / Asthma, Heavy Metal Toxicity



Licensed
Naturopathic
Physician
for 20 Years

Fellowship in
Integrative Cancer
Therapies

Gerson
Practitioner

Diplomate
in AntiAging
Medicine

Author

Restoring
Health
Naturally



Powerful Medicine:
Vitamin D.
Shedding Light on a
Worldwide
Health Crisis

425.827.9770 | DRLUCINDA.COM | 1617 Market St, Kirkland



DETOX YOUR SKIN & BODY REBALANCE & REFRESH

- Unique healing facials and bodywork with Clay, great for sensitive skin.
- Handcrafted skin care selected for your greatest skin and body health.
- Quarterly Wellness Workshops focused on self care and holistic health tips.
- Revitalizing and hydrating product line, antioxidant packed and custom mixed.



JOAN BARLOW

Licensed Esthetician
Native Springs Spa Boutique

125 E. Washington St. • La Conner

www.facebook.com/NativeSprings

360-708-8313 • www.nativesprings.com

Natural Vitality

Pain relief massage

Digestive health

Acne skin care

Energetic healing

Nutrition for health

Weight loss programs

Cellulite reduction

Anti-aging skin care

Body detoxification

Inch loss body wraps

Candida control



Metamorphosis

Holistic Spa

206-547-0420

SeattleHolisticSpa.com

In Pills We Trust?

continued from page B-6

Four Sections

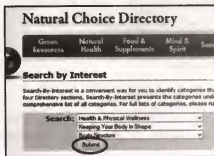
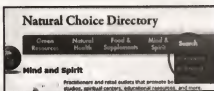
Your local resources are listed under four sections. Going to these section pages is a quick way to locate the category of service you need.



Search-By-Interest: A Step-By-Step Guide

Our Search-By-Interest function is a step-by-step guide that leads you to the categories that fit your interests/needs. This is a convenient tool for those less familiar with the categories we cover. Using natural health as an example:

Select an interest from the multi-level dropdown lists. The options for the next-level will appear once you make the selection. After completing your selections, click Submit.



The search result is a list of modalities that fit your interest together with a brief overview of them. Selecting a modality will lead you to the page that lists the practitioners for that modality.

Continued on page B-7

Glossary

Continued from page B-6

Doula – Sometimes called labor assistant or birth companion, the doula works one-on-one with a pregnant woman to help her experience the natural childbirth that she wants. Doulas might teach a woman and her partner how to use natural methods to lessen pain during labor; what to expect from natural childbirth; and work as the woman's advocate with other health professionals or members of the birthing team.

Empathology – Remedies in empathology include affirmations, exercise and dietary changes. Practitioners emphasize a body/mind approach, using applied kinesiology and other means to assess physical and emotional imbalances in a person.

Environmental Therapy – Through environmental therapy, practitioners seek to identify significant factors and probable causes of illness or allergy in the individual's life, home, and work. They then work with the individual to lessen or eliminate the impact of toxins and allergens.

Enzyme Therapy – By using natural plant and pancreatic enzymes as supplements, practitioners seek to improve digestion and correct potential problems created by the malabsorption of essential nutrients.

Feldenkrais Method – Developed by Dr. Moshe Feldenkrais (1904 - 1984) and has been practiced worldwide for the last 40 years. Dr. Feldenkrais, a Russian-born physicist, mechanical engineer, martial artist and educator, based his work on principles of physics, biomechanics and an empirical understanding of learning and human development. Athletes, performing artists, gardeners, office workers, anyone can benefit from this unique approach to learning how to move more easily and efficiently.

Continued on page B-10

Areas of Specialization:

Accident/Injury
Acid Reflux
Acute/Chronic Pain
Allergies
Anti-aging
Anxiety
Autoimmune Disease
Cancer Support
Cardiovascular Health
Chronic Fatigue Syndrome
Chronic Sinusitis
Detox
Diabetes
Depression
Erectile Dysfunction
Fibroids
Fibromyalgia
Frequent/Painful Urination
Functional Medicine
Idiopathic Thrombocytosis
Interstitial Cystitis
Irregular Menses
Irritable Bowel Syndrome
Liver Disease/Hepatitis C
Menopause
PTSD
Pediatrics
Polycystic Ovary Disease
Pregnancy/
Post-partum Care
Structural Body
Integration
Vulvodynia

Treating the Whole Person, Mind, Body and Spirit

Family Medicine, Women's Health, Pediatrics, Integrative Counseling

Do you want a physician who ...

Treats the whole person

Takes the time to uncover the CAUSE of your disease

Treats you like an individual instead of just a patient

Is caring, empathetic

Has excellent cure rates

*Is able to understand the continuum of spiritual
disharmony to disease*

At our practice, our team combines western medicine with Naturopathy, Chinese, Oriental & Ayurvedic Medicine, Nutrition, Integrative Counseling, Gentle Adjustments, & Wellness/Spiritual Classes to treat the whole person.

Dr. Jodi Berg's

Integrative Family Health Clinic P.C.

3903 Colby Ave Everett, WA

425.258.2325 | www.drjodi.com



Tacoma's only free standing birth center

Your resource in finding the midwife team for you and your growing family offering:

- ♥ Bed and breakfast atmosphere featuring queen beds, large soaking tubs and the option of a water birth
- ♥ Childbirth, breast feeding, newborn & postpartum classes
- ♥ We welcome you to stop by and see our beautiful birth center for yourself

253.761.8939

www.thebirthinginn.com

6002 North Westgate Blvd., Suite 120 Tacoma, WA

The Birthing Inn

where families are born



B

Natural Health



**SongCroft
NATURALS®**

Truly Natural.
Truly Safe.

Body, Skin, Hair Care and Herbal Products

- ♥ Organic Ingredients
- ♥ Truth-In-Labeling
- ♥ Amazing Results
- ♥ Synthetic-Free



SongCroft Naturals
www.songcroftnaturals.com



Doulaville.org

Prepare. Support. Nourish.

www.Seattle.Doulaville.com

Fertility/Conception Doulas	Breastfeeding Support
Bereavement Doulas	Family Education
Birth/Labor Doulas	Childbirth Education
Postpartum Doulas	

Serving families from Marysville to Olympia

Call TODAY for your **FREE** consultation! (206) 388-2901



Individualized Integrative Family Medicine

We integrate the best of Eastern (Ayurveda) and Western (allopathic and naturopathic) medicine with emotional and spiritual healing to provide: primary care integrative medicine, psychotherapy, nutritional counseling, weight loss, colon hydrotherapy, massage, Reiki, meditation and consciousness classes. We accept insurance!

www.FernLifeCenter.com
425.391.3376

Keesha Ewers, PhD, ARNP,
Functional & Ayurvedic Med., Sexologist,
Psychotherapist,
Intuitive, Reiki
Master

Listen to
Dr. Keesha at
www.HealthyYOURadio.com



Glossary

Continued from page B-8

Flower Essences / Bach Flower Remedies – A specific cross between homeopathy and herbal medicine developed by English practitioner Dr. Edward Bach, the 38 Bach Flower remedies derived from English wildflowers serve as catalysts to alleviate the underlying causes of stress. Since then, many practitioners have gone beyond Bach to develop a whole range of Flower Essences from a wide variety of American, European and Australian wildflowers.

Hands of Light Healing – Practitioners are trained by author and physicist Barbara Brennan in her four-year New York program. The techniques form a hands-on healing system that works with an individual's energy/consciousness field. The objective is to restore health.

Healing Touch – An energy therapy in which practitioners consciously use their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental and spiritual health. It is a complementary (or integrative) energy therapy that can be used in conjunction with traditional therapies. Healing Touch utilizes light or near-body touch to clear, balance and energize the human energy system in an effort to promote healing for the mind, body and/or spirit.

Health Spas & Retreat Centers – Residential centers and travel opportunities offer a range of workshops, physical fitness programs, and natural therapies for rejuvenation and personal growth.

Hellerwork – Developed by Joseph Heller, an early student of Ida Rolf, Hellerwork fuses movement education, deep tissue bodywork and voice dialogue into a specific sequence designed to realign the body and release chronic pain or stress.

Herbalism/Herbal Medicine – The use of plants to treat disease can be found in every known human culture and period of history. Today,

Your
experience
should be
SACRED!

Sacred Light Birth Services

Birth & Postpartum Doula
Parenting Classes
Childbirth Education
Lactation Support
Birth Photography
Placenta Encapsulation

Marquita Straus



206.486.2936 SacredLightBirthServices.com



Continued on page B-12

Natural Skin Care

By Ann Pietrangelo, in collaboration with Joan Barlow and Glenn Soja

Spring is in full swing and as summer beckons, our thoughts turn to fun in the sun. It's all too easy to neglect skin care – but not so smart. Damaged skin is unattractive and can lead to health problems. Here are a few skin care tips – some you may already know – some that might surprise you – for healthy skin this spring and summer.

1. Exfoliate

"Physically 'roughing' the skin helps stimulate the release of certain naturally-occurring chemicals within the skin's tissue that, when combined with nutrients, rebuild and rejuvenate cellular integrity," says Skagit Valley licensed esthetician Joan Barlow.

"When choosing an exfoliating product, be sure the ingredients do not



tear or burn the skin. I prefer calcium bentonite clay over chemical peels. Dry brush with a natural sea sponge, using a light feather touch. Brushing off the calcium bentonite clay (in my practice) does not tear or burn the skin."

***Joan's Exfoliating Tip:** Buy a dry sea sponge. Create a flat side of the sponge or buy one that has a flat side. Prior to showering, brush up from the toes to the neck with long, swift strokes. Leave the dry sponge in a drawer so it never gets wet.*

This is great for stimulating chemicals in the skin, stimulating collagen production, and adrenal function in the body.

2. Know Your Skin

"Know your skin type and ask questions," says Ms. Barlow. "If you have rosacea or acne or sensitive skin, you would not want to sign up for a chemical peel. Even if it is botanical and sounds wonderful, it can burn your skin. Your esthetician should be aware of your skin needs and respond in a responsible manner."

"Chinese Medicine has a lot to offer to those that are having trouble with their skin," reports Glenn D. Soja, L.Ac. EAMP, Diplo. O.M. Mr. Soja practices acupuncture and Chinese

Continued on page B-13

North Sound Center For Integrative Medicine, PS



Treating

Motor vehicle injuries • Sports injuries • Back, spine & joint pain
Sacroiliac joint dysfunction
Hormone imbalance • Inflammatory bowel disease • Chronic pain
Migraines • Fibromyalgia • Thyroid • Chronic fatigue syndrome

Primary & General Medical Care Integrative Medicine

Thorough diagnostic work-up • Ultrasound evaluations
Prolotherapy • Botox • Small joint injections with ultrasound

Integrative Oncology

Support your immune system while undergoing cancer treatment

Second opinion consultations • Independent medical exams
Accept most insurance, PIP, L&I

Marian Johnston MD

Diplomat of the American Board of Medical Specialties

360.336.0123 • 21818 66th Ave W, Ste 3, Mountlake Terrace
www.nwintegrativephysicians.com • Twitter @Marian_Johnston

Holistic M.D. Experienced & Caring

♦ Functional Internal Medicine:

Weight Loss & Exercise Design, Fatigue, Fibromyalgia, Irritable Bowel, Bio-Identical Hormones, Hypertension, Cholesterol, Arthritis, Type 2 Diabetes, and Preventive Medicine (decrease your risk of cancer, heart attack and strokes)

♦ Orthopedic and Sports Medicine

Motor Vehicle, Back, Neck, Knee, Shoulder, Wrist & Ankle Injuries, Low Level Cold Laser, Prolotherapy & PRP Ligament & Tendon Injections, Scar Treatment

♦ Frequency Specific Microcurrent (FSM)

Pain, Nerve, & Internal Disorders

♦ Adult Medicine & Primary Care

23 years in practice, Book Author
National Speaker

David Musnick MD

1300 - 114th Ave SE, Ste 105
Bellevue, WA 98004

425.462.7325 www.peakmedicine.com

Kula Movement

Center for Yoga & Health

We're Kula Movement Center for Yoga & Health. Kula means community; our goal is to have our Yoga Teachers & Health Practitioners support and complement each other in order to provide you with integrative wellness and radiant health.

206.972.2999 5340 Ballard Ave NW, Seattle
www.kulamovement.com | info@kulamovement.com



Movement From Within Therapy, Inc.

Carrie Lafferty, PT

Physical Therapist
Guild Certified Feldenkrais Teacher®
Master Healing Qi Gong Teacher
5649 University Wy. NE 98105
(206) 459-1773
www.feldenkraisteachersinseattle.com
www.movementfromwithin.net
some insurance accepted



Love your body. Love your life.

WHOLE BEING
FITNESS



Over 80 classes offered per week
www.niaseattle.com

AGE

WELL

Feel Better. Have Fun. Age Well.

Embrace
The Moon
Taijiquan & Qigong

1716 NW Market Street
Seattle, WA 98109

206.789.0993
www.embracethemoon.com



Tai Chi &
Qigong Practice

Decreases pain
Improves balance
Lowers blood pressure
Enhances joint function
Increases bone density
Brings emotional peace



All ages and
fitness levels
are welcome.

Beginners are
invited to try
2 weeks for \$25!

Glossary

Continued from page B-10

many holistic practitioners, ranging from acupuncturists to medical doctors to naturopathic physicians, benefit from an explosion of new knowledge and research into the effects of whole plants and botanical extracts on the human body. From St. John's Wort to treat depression to new scientific research from Germany on silymarin's effect on the liver, Western herbalism is entering a new period of intensive activity, interest and growth.

Holistic Medicine – The philosophy of holistic medicine states that the practitioner must use safe methods of diagnosis and treatment while emphasizing the care of the whole person, including physical, mental, emotional, and spiritual aspects. Most forms of natural medicine adhere to this basic definition of holistic medicine.

Homeopathy – Based on the hypothesis of "like cures like" and a deep emphasis on the principles of holistic medicine (treat the whole person), homeopathy first flourished in North America and Europe during the mid-19th century, when many physicians believed it to be an effective treatment for cholera. Homeopathic remedies work by stimulating the body's own healing power by introducing tiny doses of natural substances that should trigger a person's body to correct itself naturally.

Hydrotherapy – Hydrotherapy techniques can range from Russian baths, steam inhalation, Sitz baths, ice packs to hot compresses. For all, it's the application of hot or cold water that creates the benefit to the patient.

Infant Massage – Infant Massage seeks to enhance the bonding between parents and infant, improve digestion, and establish good sleeping patterns. Practitioners can use a wide variety of techniques derived from Swedish massage, reflexology, yoga and other bodywork forms.

Continued on page B-14

Natural Skin Care

continued from page B-11

herbal medicine, and is trained in Chinese herbal dermatology.

Glenn's Tip for Treating Skin Conditions: There are numerous chronic inflammatory skin conditions such as eczema, psoriasis, rosacea, seborrheic dermatitis, etc., that are often ineffectively treated. I've found in my practice that through the use of appropriate Chinese herbs, many of these inflammatory conditions can be brought under control and even stabilized after discontinuing the herbal treatment.

Many are unaware of this treatment option and often continue addressing their skin with long-term steroidal use. This method of treatment is detrimental to the integrity of the skin and can leave the tissue atrophied and damaged if used long term. Chinese medicine is unique in that it addresses inflammatory conditions in a very specific manner.

Outside of the Chinese medicine realm, most of what I've seen in terms of treating chronic skin conditions is the use of anti-inflammatory supplements, digestive support, and dietary restrictions. These methods aren't enough by themselves to manage extremely inflamed skin. Better results can be achieved by combining Chinese herbal medicine treatments with the elimination of foods that trigger digestive and skin reactions for a particular patient. The underlying inflammatory condition needs to be brought under control and stabilized, something that Chinese medicine can achieve quite well.

"Each person's skin must be considered on an individual basis," cautions Soja.

"During the course of treatment, the formula will be modified periodically to address the current presentation."

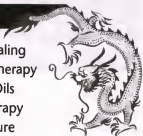
Continued on page B-14

Most Insurance Accepted

Sound Healing
Physical Therapy
Essential Oils
Aromatherapy
Acupuncture
Acupressure

Bridget Boylan PT Lac
Holistic Health for the Body Mind & Spirit

Bellingham • Everett 425.876.2255
www.Seacupunctureandsound.com



RODAN+FIELDS® DERMATOLOGISTS



Changing skin.
Changing lives.

In home "spa quality"
treatment, at your
convenience!

Reclaim your skin's radiant
glow in just 5 minutes with this
REDEFINE MACRO Exfoliator™.

Used once a week, this handheld, personal use exfoliation tool sweeps away dead skin cells leaving behind a smoother, healthier-looking and more luminous complexion.

Linda Kosin 425.466.6945
<http://lindakosin.myrandf.com>
lindakosin@gmail.com

Kay Lakey, R.P.T.
Registered Physical Therapist

Myofascial Release
Craniosacral Mobilization
Visceral Mobilization
Reiki

9500 Roosevelt Wy NE, Suite 200A
Seattle, WA 98115
(206) 523-7086

www.LakeyPhysicalTherapy.com



Eastside Massage Clinic

Pain Management, Injury Treatment
Depression, Stress & Anxiety Therapy
Massage ~ Acupuncture
Craniosacral ~ Naturopathic Medicine
Insurance Accepted

Call now to feel well...
425.455.2320

DrAndrei.com
EastsideMassageClinic.com
13555 Bel-Red Rd., Bellevue 98005

Center for Advanced Dental Arts

Achieve Optimal Health by
focusing on
Health, Wellness, Personal
Choice & Creating
Relationships



Theodore D. Haines, DDS, PS
David Reynaud, DDS
See website for more info & office video

360.568.8577
tedhainesdds.com

D.D.S.: University of Washington 1982
M.A.: Antioch University Int'l 1982
Mercury free dentistry since 1980

Oro-facial-head-neck pain
Evenings only

No fancy office. Just one to one concerned care
ECONOMICAL SOLUTIONS TO COMPLEX DENTAL PROBLEMS

JOHN AUGUST RAU, D.D.S., M.A., L.Ac.
certified acupuncturist

Downtown Seattle since 1981
24 hour emergency beeper

(206) 622-2380

Natural Health

B

Choosing a "holistic" dentist?

**Paul G. Rubin
DDS, MIAOMT**



"I highly recommend Dr. Rubin, one of the most highly trained, skilled, knowledgeable and caring dentists I know of, to anyone seeking quality, caring, mercury-free/biological dentistry."

- Dr. Tom McGuire
The Dental Wellness Institute
Author, Tooth Fitness

9730 3rd Ave NE, Suite 205
Seattle, WA 98115

206.367.4712

www.drppaulrubin.com



Awarded EnviroStars
highest, five-star rating

Gregory Zimmer DDS

where
your concerns are being heard,
and your health is being
protected

Holistic
Dentistry
Tacoma &
Federal Way areas



Offering a Conservative Natural Approach for Children & Adults

Safe Mercury Removal
Biocompatible Alternatives
Fluoride Free
Fragrance Free

253-927-8040

6716 Eastside Drive NE, #4
Tacoma WA 98422

www.gregoryzimmerdds.com

Natural Skin Care

continued from page B-13

3. Eat Natural Foods

"Select foods that support the body and skin," says Barlow. "Go Local and strive to obtain half or more of your calories from local sources. Take advantage of farmers markets, eat seasonally, and include almonds, avocados, blueberries, spinach, kale, cod liver oil, salmon, kiwi, and fruits that pack a lot of vitamin C."

Joan's Dietary Tip: Beware of designer coffees, energy and sports drinks, bottled juices, flavored milks, powdered drink mixes, soft drinks, sweetened cocktails, and sweetened teas. These may provide heavy doses of carbohydrate, and no food value. Added sugars and chemicals bloat the belly, causing inflammation and flushing of the skin.

Glenn's Dietary Tip: There are specific dietary restrictions for specific skin conditions. In the case of psoriasis, I recommend individuals refrain from consuming alcohol, spicy and greasy foods, shellfish, sugar, and pickled foods. Some people have known food allergies, and these should be avoided.

Drink plenty of water, especially when you're out enjoying the sun. If you don't, your skin will feel dry, flaky, and tight. Dry skin has less resilience and is more apt to wrinkle (UW Health, 2011).



Continued on page B-17

Glossary

Continued from page B-12

Iridology - Based on the theory that iris patterns reveal a blueprint of the body's inherited strengths and weaknesses. It can be used for specific organ/gland system assessment via an iris map, to provide a better understanding of one's health.

Martial Arts - While the West often thinks of the martial arts as a sport or form of self-defense, these techniques originally developed in the East to increase mental acuity, health, and spiritual development through intense physical training. The many forms range from more externally-oriented types, such as Karate and Tae Kwan Do, which emphasize muscle and endurance, to the internally-oriented Tai Chi and Aikido, which seek to restore harmony and balance to the body.

Massage Therapy - Popular around the world, massage incorporates the use of touch to stimulate circulation, relax muscles and promote a sense of well-being. Licensed in Washington state, massage therapists can combine a variety of techniques for their clients' benefit.

Midwifery - Midwives work with women so they can experience a healthy pregnancy and a safe, natural childbirth as well as providing necessary education and follow-up care. Licensed midwives or nurse-midwives (both are recognized in Washington) receive extensive training in gynecology, fetus development, obstetrical complications, nutritional assessment, counseling, community health, family planning, various forms of delivery management, and other issues surrounding pregnancy and birth.

Myotherapy - Myotherapists apply pressure to trigger points (tender spots in the muscle or other soft tissue) to relieve tension. While similar to acupressure, myotherapy relies on a Western view of anatomy.

Continued on page B-16

877.901.CURE
acu-associates.com

Acupuncture

Associates

Natural Healing Center

Bellevue. Seattle.
Marysville.

***Treating Pain Management,
Allergies, Headache, Fertility, & More***
Dr. Jyun Shimizu DAc. LAc. EAMP

**Acupuncture
Chinese Medicine
NAET®
Herbs**

*Complimentary health
evaluation & testing to find
the root cause of your illness*



URBANFLOAT
renew | refresh | revive

Get Back To Your Best
Sensory Deprivation Float Tanks

RENEW your body
Eliminate stress, anxiety & fatigue

REFRESH your mind
Renew creativity, explore, or
simply be at peace

REVIVE your senses
Gain clarity, get a fresh perspective



3420 Fremont Ave N, Sea
206.257.4333 | 888.963.8212
www.UrbanFloat.com

Natural Health



*Struggling with your skin?
Unsatisfied with treatment options?*

Beautiful Healthy Skin, Naturally

**Clinically Effective
Chinese Herbal Medicine Treatments
for Chronic Skin Conditions**

Time for your individualized natural treatments



Glenn D. Soja, L.Ac, EAMP, Dipl. OM
Extensive training in Chinese medical dermatology
Completion of diploma course by world renowned Mazin Al-Khafaji

Mitchell Center for Natural Healing, p.l.l.c.
Seattle 206.284.6040 | www.mitchell-center.com

Treating acute/chronic skin
conditions, & inflammatory/
allergic disorders:

Rashes, Dry skin, Scaling, Itching
Eczema, Psoriasis, Rosacea
Acne, Seborrheic dermatitis
Herpes simplex/Zoster
Lichen simplex, Impetigo
Perioral dermatitis
Fungal infections
Pityriasis versicolor
Asthma, Rhinitis
Arthritis

Healthful Touch



Therapeutic Massage, Reiki
Craniocervical, Bowen Work

Kazumi Ayres

LMP, NCTMB
Reiki Master

Monday to Saturday
by appointment
Mountlake Terrace
425-697-3673

MA 12888



ABINTRA

Celebrating over 30 Years

Healing with Touch, Breath,
Movement & Food

Massage, Trager®
Hypnotherapy

Jerome Chryman LMP#MA278/TECHT#1000137

Corinne Dee Kelly LMP#MA957

206.522.9384 AbintraWellness.com

7114 5th Ave NE#1 (Greenlake)

Glossary

Continued from page B-14

Naturopathic Medicine – Adhering to the principles of holistic medicine, naturopathic doctors can use various natural methods to treat patients, including nutritional supplements, herbal medicine, homeopathy and lifestyle counseling. In the state of Washington, naturopathic doctors (ND) are legally defined as physicians licensed to diagnose and treat in a general family practice. Some NDs are also licensed midwives or licensed acupuncturists.

Network Chiropractic – Network Spinal Analysis is a system of assessment and low force applications that are applied at Spinal Gateways to assist the brain to connect more effectively with the spine and body. A person can utilize the tension stored along the spine as fuel for the healing process. Two healing waves develop spontaneously along the spine to help regulate spinal tension and advance overall wellness.

Neural Therapy – Developed in Germany over 50 years ago, Neural Therapy involves strategic injections of local anesthetics and homeopathic formulas into the autonomic nervous or "neural" system of energy blocks called "interference fields."

Neuromuscular Therapy – This form of deep tissue massage seeks to balance the central nervous system with the structure and form of the musculoskeletal system.

Nia – A body, mind, and spirit well-being fitness practice that uses 9 movement forms from martial arts, dance arts, and healing arts. The sensory based movement practice empowers people of all ages, shapes, and sizes.

Nursing, Holistic – Trained in regular nursing programs, practitioners apply the principles of holistic medicine (see above) to their care of patients, incorporating many natural therapeutic techniques along with standard nursing practices.

Continued on page B-18

B

Natural Health

ADJUNCTIVE CARE FOR

Community-st

SERVING THE DOWNTOWN SEATTLE AND DENNY REGRADE NEIGHBORHOOD

WHAT IS DYSPONESIS?

www.dysponesisproject.com

ie acupuncture as a secular respite

STRESS RELATED FUNCTIONAL DISORDERS / FIBROMYALGIA

Energy Healing & Balancing For Practitioner Referral and Classes



Keela Marshall

RN, CNP, HTCP II (Seattle Area)

206-545-7387

kwellness@earthlink.net

Sherri Cote

BA, CCAP, HTCP II (Olympia Area)

360-753-2276

healingessence@comcast.net

Becca Gaughan

RN, HTCP (Seattle Area)

206-890-5960

sunshinehealingarts.net

Dawn Warnaca

HTCP II (Tacoma/Eatonville Area)

253-732-7403

energyhealingstudio.com

Certification Program - Approved CNE

HealingTouchWashingtonState.net

FELDENKRAIS® TEACHERS IN SEATTLE



AWARENESS THROUGH MOVEMENT

FUNCTIONAL INTEGRATION

The Feldenkrais Method® is internationally recognized as a gentle, effective means of addressing musculoskeletal or neurological problems, chronic pain and the motor development of people of all ages.



www.FeldenkraisTeachersInSeattle.com



Natural Skin Care

continued from page B-14

4. Read Labels!

"When choosing skin care products," says Barlow, "study the ingredient label to see that whole-plant ingredients are present and harsh preservatives and additives, like formaldehyde, are not."

Jean's Label Tips: Many department store products are filled with petrochemicals and harsh preservatives. Over 80 percent of what you put on your skin surface is absorbed into the skin or scalp. Look for whole-plant materials on the ingredient labels, including:

- Antioxidants to fight off free radicals that can lead to disease and cellular destruction. Sources: rosehip, sea buckthorn, Oregon grape, and other herbal extracts.

- Protein for healthy tissue development. Sources: soy lecithin & silk amino acids.

- Essential fatty acids for building and maintaining cellular integrity. Sources: jojoba, borage, shea butter, and evening primrose.

- Vitamins and minerals to support cellular strength. Sources: sea buckthorn, rosehip, calendula, MSM, zinc oxide, and raspberry.

5. Be Smart About Sun

"Some sunscreens on the market can have a deleterious effect on our health," cautions Soja.

Glenn's Sunscreen Tips:

Avoid products containing:

- Oxybenzone, which has been shown to have significant photoallergic effects when applied topically and then exposed to the sun. Some individuals may breakout with a rash following sun exposure after



the application of an oxybenzone-containing sunscreen.

- Retinyl palmitate, which has been shown to produce free radicals when exposed to UV rays – it has the potential to cause cancer. Excess exposure during pregnancy is of concern as well. Retinol (vitamin A), a compound in retinyl palmitate, has been linked to fetal defects when used during pregnancy.

Look for sunscreens containing:

- Zinc oxide and/or titanium dioxide that are labeled broad-spectrum (UVA and UVB) protection to protect you against both UV rays.

- Mineral-based sunscreens will give you the most protection from the sun and will also protect you from the UVA rays, which tend to penetrate deeper into the skin.

Continued on page B-18

Natural Health

Seattle Naturopathy Acupuncture & Birth Center

In practice since 1986



- Naturopathic Family Care
- Acupuncture & Chinese Medicine
- Natural Childbirth
- Pediatrics
- Fertility Care & IUI's
- Nutritional Counseling
- Discount Natural Pharmacy

Dr. Rick Posmantur & Dr. Felice Bamow
2705 E. Madison • 206-328-7929 • www.snabc.com



Jen Garden
Acupuncture

JENNIFER CHRISTIAN

Licensed Acupuncturist

Flower Essences, Reiki, Sound Healing
U-District • Most Insurances Accepted
Evening & Weekend Hours

(206) 817-1927

www.jengarden.com



Integrative Healthcare with Heart

Bodhicitta
HEALING CENTER

Acupuncture • Acutonics & Sound Therapy • Chinese Herbal Medicine • Craniosacral • Massage
Intuitive Life Coaching • Neurofeedback • Parent Coaching • Psychotherapy • Reiki • Thai Massage

206.547.3387 BodhicittaHealingCenter.com 704 Warren Ave N. Seattle



Action To Health

Teri Adolfo, L.Ac

Acupuncture & Ayurveda Practitioner
Health & Nutrition Coach

9730 3rd Ave NE, #202, Seattle

teri@actiontohealth.com

206.525.5576

Be a Participant in Your Health

Feldenkrais Practitioner Author ~ Educator

Brings Awareness to Improving
Posture, Balance,
Movement



425.282.0406
NancyHaller.com

256 SW 43rd St, Renton



WuHsing Tao School

of

5 Element Acupuncture
& its Psychology
www.wuhsing.org

Programs:

Diploma for Licensure
Psychology Life Guide
Post Graduate

School: 206-324-7188
School Clinic: 206-729-2598
Private Clinic: 206-324-4097

Jill M. Patten, LMP

Gentle, Intuitive Touch Relaxation and Healing

Swedish, Deep Tissue, and
Pre-Natal Massage
Shiatsu
Tui Na

Insurance Accepted
at New Health Medical Center
23700 Edmonds Way, Edmonds
206.228.0918 / 425.775.6001
www.jillpattenlmp.massagetherapy.com



Natural Skin Care

continued from page B-17

Most people don't apply an adequate amount of sunscreen to achieve the protection that they think they are having, or they don't reapply sunscreen during extended stays in the sun, which further diminishes the UV protection.

"The best form of protection," says Soja, "is avoidance or limited sun exposure and keeping exposed skin covered when out in the sun for extended periods."

6. Change Your Bed Linens

"To combat bacteria, make sure you are changing sheets weekly on your bed," advises Barlow. "Change pillow cases more often than that. Reduce what your face comes in contact with for eight full hours a night. Think about changing your goose down pillow or foam fire-retardant filled pillows with millet-filled pillows which do not harbor bacteria or dust mites."

7. Avoid Smoke

Smoking is linked with increased wrinkling, sagging, and other skin damage to the face and to skin on other parts of the body (Mayo Clinic, 2011).

8. Treat Related Symptoms

"Read about leaky gut syndrome and how that effects the overall body and skin health," suggests Barlow. "If you have recurring responses like winter rash, itchy patches on scalp, or itchy



Continued on page B-20

Glossary

Continued from page B-16

Nutritional Counseling

Nutritionists counsel clients on a wide variety of issues from proper levels of vitamins, minerals and other nutrients to weight loss, food allergies and optimal health. Many follow a "whole foods" approach to proper diet.

Optometry & Vision Care

Holistic vision therapists use exercises, nutrition and relaxation techniques to help patients improve vision, and avoid the use of artificial aids, like glasses and contacts, as much as possible.

Ortho-Bionomy

Ortho-Bionomy combines gentle movements and comfortable body positions to stimulate an inner awareness of natural balance and physical and emotional well-being.

Orthomolecular Therapy

Nobel Prize winner Linus Pauling coined this term to describe the therapeutic use of naturally occurring substances, especially nutrients and vitamins, as supplements to maintain health or combat disease.

Osteopathic Medicine

Most osteopathic doctors (DOs) work as primary care physicians, combining conventional Western medicine (drugs/surgery) with specific manipulative techniques taught in the osteopathic medical colleges. Osteopathic medical training focuses on preventive care with a special emphasis on the musculoskeletal system. Because their medical degree and license is legally recognized as the equivalent of a MD in the United States, DOs can utilize all recognized diagnostic and therapeutic methods in their practice.

Oxygen Therapy

This type of therapy dates back over a hundred years to Germany. It includes hydrogen peroxide therapy, ozone therapy and hyperbaric oxygen therapy (HBOT) all intended to increase the supply of oxygen to the body. Used to treat a wide range of disorders. Stabilized liquid oxygen is now also available.

Continued on page B-20



Seattle homeopathy
Restoring Your Health

Achieve peak performance
Strengthen resistance to illness
Recover from pain
Build a foundation for health

Dr. Jennifer White
ND, CH/DHAMP
Seattle & Bellevue

206-721-5121

www.seattlehomeopathy.com



Northwest Reiki Center

4205 148th Avenue NE
Bellevue, WA 98007
425-736-6980
lou@nwreikicenter.org
www.nwreikicenter.org

Learn Reiki for Body-Mind Healing and Spiritual Self-Realization

- Reiki 1st & 2nd Degree Classes every month
- 3-Month Reiki 3rd Degree Master-Practitioner Training
- One Year Reiki 4th Degree Master-Teacher Training
- Private Reiki Treatments
- Experience Reiki at our free monthly Reiki Circle - 2nd Sunday every month



Yardley Institute of Upper Cervical Health Sciences

30+ years experience serving patients in WA & around the world
Emphasizes wellness & natural healing by restoring the brain-body connection



"Dr. Yardley has given my life back. Now I can enjoy living. You have to see my doctor. It will be the best decision you've ever made." Becky M.

Lee Yardley, DC | 253.529.1100
www.YardleyInstitute.org | 26238 Pacific Hwy S, Kent

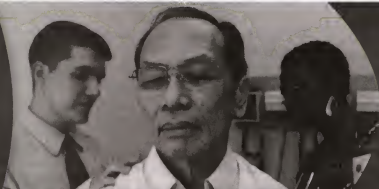
Featured on
KTHH & KVI
Restoring Health,
Improving Lives
Naturally

Natural Health

Serious MEDICINE

Personal ATTENTION

Proven RESULTS



See for Yourself: Health.BastyCenter.info • 206.834.4100

Improve
Quality of
Life

Achieve
Wellness

One Step
At A Time

Bellevue Center for Health

Eastside's Complete Care Clinic

(425) 957-0761

Approach health care from a total perspective

Chiropractic
Naturopathic
Acupuncture
Oriental Medicine
Massage

Age Management
Weight Loss
Nutrition Counseling
Personal Injury
Corporate Wellness

1260 116th Ave NE, Ste 100, Bellevue • www.mybcfh.com

Voted Best
of Bellevue
'11 & '12





Healing Massage Studio

- ▲ Deep Tissue ▲ Swedish
- ▲ Injury Treatment ▲ Reiki
- ▲ Herbal Body Wraps ▲ Lomi Lomi
- ▲ Earth Energy ▲ Cranio Sacral
- ▲ Steam Room ▲ Infrared Sauna
- ▲ Hot Stone Massage ▲ Jetted Bath

Lynn Lord, LMP

MA6157
West Seattle/Bellevue **206.935.2620**


Des Moines, WA



Massage & Spa Therapy

Ann Proctor, L.M.P. 206-878-6940
Serenity Salon & Day Spa MA5858

**Gentle Touch • Deep Tissue
CranioSacral • Energy Work
L&I • Auto Insurance**




TAHOMA CLINIC

Internationally recognized.
Specialize in Natural
Treatments for Common &
Unusual Health Problems.

- BHRT Therapies for Men & Women
- Thyroid & Adrenal Health
- Diabetes & Blood Sugar Disorders
- Breast Thermography
- Food Allergies, Digestion, & Detox
- Nutrition Consultations & Weight Loss
- IV Nutrition Therapy
- Body Sculpting & Natural Facial Rejuvenation

Onsite Supplement Store & Lab

Jonathan V. Wright, MD, Medical Director



Renton: 425.264.0059 | 877.919.8310
N Sea: 206.402.4215 Rdmd: 425.497.9558
Dispensary: 425.264.0051 | 888.893.6878

tahomaclinic.com
tahomaclinicnorthseattle.com
tahomaclinicredmond.com

Natural Skin Care

continued from page B-18

areas around rectal area, you are having a food-related histamine response in the body. Get an allergy test done and avoid triggers. See a naturopath or holistic herbalist or nutritionist."

"As we enter into spring and summer," says Soja, "flowers and grass will be abundant – and so will pollen and other air borne allergens.

"Approximately 30 percent of patients suffering from atopic eczema are also struggling with asthma. As asthma becomes irritated by any airborne allergens, a consequential aggravation of the inflammatory response will trigger the eczema to flare as well. Both conditions can be treated effectively with Chinese herbs and can often be addressed with the same formula.

"Hot, humid air brings to mind a condition called pompholyx eczema. It is common to have an initial attack of this type of eczema during these summer months, where tiny vesicles form on the palms (occasionally the soles), sides of the fingers, and/or the near the nails on the top of the fingers. These vesicles then reabsorb or burst and leave behind dryness, scaling and/or fissured skin.

Chinese medicine is quite effective at addressing this form of eczema while avoiding the use of steroids."

Ann Pietrangelo is the Author of "No More Secs!" www.AnnPietrangelo.com
Joan Barlow is the owner of Native Springs Spa Boutique. www.nativesprings.com

Glenn Soja, LAC, EAMP, Dipl OM, is from the Mitchell Center for Natural Healing. www.mitchell-center.com
Photos: photoXpress.com

Glossary

Continued from page B-18

Pain Management – Several kinds of practitioners offer pain management, including medical doctors, dentists, chiropractors, psychologists, dietitians, acupuncturists, biofeedback therapists, myotherapists, physical therapists and others. Techniques vary widely depending on the practitioner's training.

Pediatric Medicine, Holistic – The use of a range of natural and holistic therapies to prevent or treat the health problems of infants and children.

Physical Therapy – Physical therapists use a variety of techniques to help patients gain or regain better control of their physical bodies following injury or illness.

Pilates – The Pilates Method of body conditioning uses special equipment and individualized instruction to promote physical harmony, balance and conditioning.

Polarity Therapy – Practitioners of this type of therapy seek to establish a balanced flow of energy through the body through gentle touch, diet counseling and exercise.

Qi Gong – Practiced by nearly 200 million people every day, Qi Gong (also known as Chi-Kung) combines movement, meditation and breathwork to increase the flow of vital "Qi" energy in the body, improve blood circulation and strengthen the immune system.

Reflexology – Like acupressure, reflexology utilizes pressure on certain points to stimulate the organs and glands. Foot reflexology links specific points on the foot to these organs and glands.

Reiki – Although Reiki takes its name from Japanese words meaning "transcendental spirit" and "vital life force energy," teachers link this energy technique to traditional Tibetan medicine. It is a hands-on, non-invasive healing technique that means to

 **All Animal & Bird**
Alternative Medicine Clinic

Complementary & Integrative Medicine
for Companion Animals,
Exotic Pets, & Birds

Homeopathy • Chiropractic • Massage • Bach Flowers
Western & Eastern Herbs • Nutrition Counseling
Class 4 Laser Rehabilitation Treatment

Douglas R. Yearout, DVM | HolisticAnimalDoc.com | 425-334-8171

 Your animals
are talking.
Are you
listening?sm

Polly Klein, SAMP, CSTA-D

- Animal Communication, Reiki & Certified CranioSacral Therapy
- Managing Pain, Stress, Injury, Chronic & Terminal Illness
- Classes and Consultation

www.tonglenhealingarts.com
paws@tonglenhealingarts.com
T: 425.427.8028

Tonglen.
Healing Arts for Animals 

Natural Health

B

Dr. Tejinder Sodhi, DVM, CVC **Dr. Vanessa Rucker, DVM**



ACUPUNCTURE • CHIROPRACTIC • HOMEOPATHY
REHABILITATION • AYURVEDA • NUTRITION
HERBS • SURGERY • DENTISTRY • GERIATRICS
26 years of experience treating small companion animals

www.holistic-pet-care.com

Animal Hospital of Lynnwood | 425.771.6300 • 19503 56th Ave W, Lynnwood
Animal Wellness & Rehab Ctr * | 425.455.8900 • 2115 112th Ave NE #100, Blly
* Only facility in WA with underwater treadmill & warm water pool & spa

Traditional & Holistic
Veterinary
Services that
treats animals
naturally



Ancient Arts

**Creative Wellness Options
For Pets and Their People**

Providing healthy, sustainable, and
non-toxic therapies for pets.

- Veterinary Acupuncture & Herbs
- Qi Gong Classes & Energy Work
- Holistic Remedies
- Conscious Healing Arts & Gallery

Dr. Darla Rewers, DVM

Voted 1 of Seattle's Top Vets in '11 & '12 (Seattle Met)

Dr. Rewers is a licensed Doctor of Veterinary
Medicine (DVM), cert. veterinary acupuncturist,
herbalist, and tui na massage therapist for pets

206.547.1025 | AncientArtsVet.com | 110 N 36th St, Seattle 98103



Quantum Possibilities

Barbara Murphy, CBS, CEP, CSA
Energetic & Biofeedback Practitioner

EPFX/SCIO Biofeedback

Possibilities DNA Techniques
Energy Interference Patterning of DNA
Holographic Healing of Ancestral DNA
Rapid Healing • Universal Relationships

Xocal • XoPhoria • Laminine • LifeWave
Young Living Essential Oils
Crystal Healing

QuantumPossibilities.biz Off: 206-433-5111
6000 Southcenter Blvd, #40, Tukwila Cell: 206-920-3397



BODY Conscious, P.S.

MAUREEN A. WARREN,
LMP/CHP/SMS

26+ Years
Experience

Specialize in
Injury
Accidents
Scar Tissue

LIC#100023382

Cert. Hellerwork Practitioner
Structural Medicine Specialist
Lic. Massage Practitioner
Myo-Fascial Release

206.849.4345
www.BodyConscious.Biz

Glossary

Continued from page B-20

restore and balance life force energy throughout the body. Used for mental, emotional, physical and spiritual balancing, as well as chronic physical problems.

Rolfing – Developed by Ida Rolf, this system of body restructuring and movement education works with gravity to realign the body. Rolfers often focus bodywork on the myofascia, the connective tissue that surrounds muscles, to release tension.

SHEN Therapy – Specific Human Emotional Nexas is a non-invasive touch therapy to facilitate physiological emotional release and to encourage healing from within.

Shiatsu – The Japanese form of massage combines the application of pressure on specific points with massage. Traditional practitioners may have the patient rest on a pad on the floor for the performance of certain stretches (see also Watsu).

Soma Neuromuscular Integration – Soma combines deep manipulation of muscular and connective tissue with movement training to address various health issues such as chronic back pain or limited mobility due to arthritis.

Sports Medicine – This branch of medicine began as a special focus on athletic injuries caused by competition or participation in organized sports, but many of the techniques have been adapted to treat other types of physical injuries.

Stillpoint Therapy – This non-invasive emotional release energy work combines light sustained touch with meditative techniques that focus the mind on the quiet dissipation of held emotion. Based on the principle that suppressed emotion is retained in the body.

Swedish Massage – The best known form of massage in the United States uses five basic strokes, including soothing, tapping, rubbing, pummeling and kneading, to relieve sore muscles and joints.

Continued on page B-24



Complementary
& Alternative Medical
Therapies

Medical Intuitive
Chakra Balancing
Hands On Healing
Applied Kinesiology

360.734.2861
ShilaMoya.com



Shila Moya Holistic Healer
Barbara Brennan School of Healing
BA, WW, Fairhaven College

What can Reflexology do for you?

Detoxifies the Body of Impurities
Revitalize Energy
Plantar Fasciitis
Broken Arch & Bunions

Optimal-Self
natural health



Specialize in Passive Foot Mobilization
for Foot Pain Issues

Kay Morris Johnson RM, Reflexologist
253/217-6159 www.optimal-self.com

click website for monthly promos & events

O'Malley & Potter "Feel-Good" Products™

Your one-stop shop for pain relief, healthy body care, and
energy healing tools • Crystals, minerals and gemstone jewelry

Aromatherapy supplies • All-natural soaps & bath fizzies
Antioxidant chocolates & teas

Non-petroleum candles • Smudging materials

Massage therapy products • Classes, workshops & more...

O'Malley & Potter

In the Clock Tower Bldg, Bothell Country Village
425.485.6260 www.feelgoodproducts.com



Natural healing methods that help you
discover and release what is holding you
back from reaching your full potential

Sue Mariconda

Health Kinesiology & Reconnective Healing

206 755 9900 West Seattle
ButterflyBalance.com



What You Need to Know Before Choosing a Reflexologist

By Kay Morris-Johnson

What is Reflexology?

Reflexology was developed by Dr. Fitzgerald, an ear, nose and throat specialist, back in 1917. Dr. Fitzgerald discovered a process of lowering pain during surgeries by having his patients apply pressure to a specific reflex (or mini map of the body) on their hands. This led him to study and develop the vertical zones theory, the basis of reflexology. Vertical zones divide the body vertically into 10 zones, each of which corresponds to an area on the foot or hand. Shortly afterwards, his associate Dr. Joe Shelby Riley expanded on the concept by adding horizontal zones. In the 1930's, Eunice Ingham developed the mirrored body mapping which associates foot reflexes to the organs of the body. This mapping formed the basis of the reflexology

techniques in use today. Since then other maps have developed.

In a nut shell, the reflexes or maps are found on the feet, hands and outer ears. Pressure applied to the reflexes stimulates the autonomic nervous system, allowing one's body to balance the parasympathetic and sympathetic systems, and increase circulation. This results in relaxation and a decrease in stressors (aah, less stress)!

Is Reflexology Painful?

Pain is an individualistic perception. Maybe a related question is -- Are your feet sensitive or are you the kind of person who enjoys a deeper touch?

One theory relates reflex sensitivity to an indication of needing additional work, which can be a light pressure, a



heavier pressure or no pressure (i.e. simply being held or touched). Understanding when and how much pressure to apply is part of a reflexologist's education. In the

Continued on page B-25

Natural Health

Touched by an Angel Spa & Treasure Chest

*Services & stepping stones for those
who embrace Body, Mind & Spirit
and those who are seeking*

Facial Acupuncture for Natural Anti-aging
Spa & Healing Products
Reiki/Channel Balancing
Individualized & Customized
Nutritional Plans for Freeing Food/Body Image Issues
Books
Healing Gems/Rocks
Natural, Non-Toxic Beauty Products
Unique Gifts

Owned & operated by Dr. Jodi Berg • 425.258.2325
3903 Colby Ave, Everett • Also see ad under Naturopathic Physicians



Rain City Roling®

Roling® Structural Integration
Cranial and Visceral Manipulation

Improve posture, alignment,
balance, and performance.
Relieve injuries and chronic pain.

Allan Kaplan, Certified Adv. Rolfer™
In Seattle 25 years • PIP and L&I claims
206-729-6314 • www.allankaplan.net

Pain Management
& Elimination

Aftermath of car accident, or any injury
Chronic pain & stiffness • TMJ syndrome
Migraines • Headaches • Neck or back pain

Osteopathic Style Manual Therapy
Misha Noonan, Rolfer
Certified & Advanced - Since 1995

Call Today...1st Session FREE!
(425) 424-9349

1611 116th Ave NE #109, Bellevue
www.MishaNoonan.com
www.BellevuelinjuryRecovery.com

Glossary

Continued from page B-22

Tai Chi - This Chinese Taoist martial art form combines mental concentration, coordinated breathing and slow, graceful body movements to increase well-being, lessen stress, & strengthen the body.

Therapeutic Touch - A specific method of healing touch developed by Dolores Kreiger, is taught in many nursing colleges throughout the United States. Used for relaxation and reducing anxiety, Therapeutic Touch is based on the assumption that the human energy field extends slightly beyond the skin.

Trager - Tragerwork believes that tension or discomfort can be released by sending different signals to the nervous system. This movement education/bodywork approach uses gentle and non-intrusive movements to produce deep relaxation, increase flexibility/mobility, and relieve pain.

Veterinary & Holistic Animal Services - Holistic veterinarians adhere to the principles of holistic medicine, choosing to emphasize the use of safe natural methods when treating animals.

Watsu (Water Shiatsu) - A specific form of bodywork combining traditional shiatsu pulls & stretches while floating the patient in a pool of warm water. Because of the support of the water, practitioners can often work with patients whose physical disabilities may preclude the use of normal shiatsu.

Women's Holistic Health - This field includes practitioners and clinics offering a range of services addressing women's health concerns, from PMS to breast health to infertility.

Yoga Therapy - Some yoga teachers emphasize yoga exercises that relieve stress, improve circulation or boost the immune system. This gentle form of low impact exercise can often be tailored to help people with limited mobility due to stroke, arthritis or other chronic diseases.

To List or Advertise
in the Next Edition:
Call 425-373-1987

FreeSPIRIT
WEIGHT RELEASE

Discover slim health
& permanent relief
from Food Addiction.

No exercise! No counting calories!

Trish Lindberg, CPC. CHT.
Energy Healer & Weight Release Coach
206.459.5884
in person,
phone or skype
freespirtweightrelease.com

Queen Anne Natural Health
Acupuncture • Herbs • Massage

A holistic and preventative approach
to your healthcare needs

600 West McGraw St. 1
Seattle, WA 98119
206-282-7586

info@queenannenaturalhealth.com

ACUPUNCTURE
HERBS & MASSAGE

- HEALTH TUNE UP
- PAIN • STRESS
- FATIGUE • ALLERGY
- SPORT INJURY
- WEIGHT LOSS

Dr. Chen's experience in both Western
and traditional Eastern medical techniques,
as well as her postgraduate degree in
nutrition, allow her to provide a range of
treatments and preventative care options.
This ensures that her patients get minimally
invasive, but optimally effective results.



Teresa Teli Chen, L.Ac.
O.M.D., Nutritionist
20 years of experience
12501 Bel-Red Road, Ste 110
Bellevue WA 98005
206.818.8012
insurance accepted

www.DrTeresaChen.com

Holistic Dentistry,
Integrative Care,
Whole-Body Health

Mitchell Marder, D.D., NMD., F.A.C.R., F.I.H.M., A.A.O.H.T.

206.367.6453

www.mitchmarderddds.com

Office in
Northgate Area



integrative dentistry

Reflexology

continued from page B-23

Obstetrics & Gynecology Journal, a published study by Bill Flocco indicated that he would hold the reflexes for several minutes for desired results. Trained reflexologists can also understand the contraindications of clients with special needs such as pregnancies, diabetes, neuropathy, thrombosis, or infections. Overall reflexology is a gentle form of body work with known benefits such as reducing stress, enhancing circulation, cleansing of toxins, and stimulating creativity and productivity.

How to Choose a Reflexologist?

Knowing how to choose a reflexologist can save you from frustration, anxiety and sometimes trauma.

Are the Practitioners in the Foot Spas Certified Reflexologists?

Asking your practitioners about their qualifications is very important and is your responsibility. In Washington State, a licensed massage practitioner (LMP) and (in June of 2013) reflexologists are required to hang their State License of Massage or State Reflexology Registration, and their Business License visibly in their work place. Check it out - look closely for the official state seal and effective dates - and make sure the names match. The number of credits or study hours should be listed on their Certificate of Mastery in Reflexology. Most of the reflexologists are proud of their training and will gladly give you any information you require to make an informed decision.

What are State Requirements in 2013?

The State of Washington has just passed a law that requires anyone doing business as a reflexologist to register with the state, meaning

Continued on page B-27

Hellerwork in Issaquah

Postural analysis
Deep-tissue bodywork
Voice dialogue
Movement education

Anita Boser, LMP, CHP, RYT
425-765-2713
AnitaHellerworker.com
Lic# MA15897

Relieve Computer Stress
www.undulationbreak.com



Hellerwork: Deep Tissue Bodywork



- Repetitive Strain
- Injury Treatments
- Emotional Awareness
- Lymph Drainage
- Detox/Infrared Sauna
- Raw Food Coaching
- Occupational Therapy
- Insurance Accepted

Janaki Rose, OTR/L
Seattle/Monroe (206)528-5350

Rolfing® Structural Integration

Improve posture
Alleviate chronic pain
Increase mobility
Improve athletic performance
Achieve a greater sense of well-being

Sandy Schneider, MS, MSW
Certified Advanced Rolfier^{IA}
425.255.8800
www.evergreen-rolfing.com



Carol Kakoczky LMP, CST



Advanced
CranioSacral Therapy
Lymph Drainage
Visceral Work
since 1996
Preferred Provider
MA00009890
Issq 425.802.2826

Experience Harmony ...by Healing from Within

Based on Acupuncture Principles:

SHEN® Physio-Emotional Therapy
Acutonics™ Sound Healing
Essential Oil Medicine
Tibetan Singing Bowls
CranioSacral Therapy Unwinding Meridians
Gemstone Healing Therapy
Feng Shui Homes, Gardens, Businesses

Kim Laney 
Licensed Massage &
Certified SHEN Practitioner MA8997
206-920-7436
www.acu-shen.com

Alexandar Massage Clinic & Day Spa

Relaxation Massage Pre-natal Massage
Deep Tissue Massage Stone Massage
Structural Integration Body Wraps
Auto Accidents & Steam & Sauna
Work Injuries Major Insurance accepted

253.473.1142
AlexandarMassageClinic@nwlinc.com

A peaceful
environment
trained
to
spa

Natural Health

B

Holistic Family Dental Care

Empowering you to take greater responsibility for your health

- 3D Cone Beam Imaging
- General Dentistry
- Sedation Dentistry • Implants
- Clear Correct Orthodontics
- Snoring/Sleep Apnea Appliances
- Material Biocompatibility Testing
- One Appointment Crowns and Onlays
- Mobile Dentistry for the Homebound
- Oral Systemic Balance . Qi Gong

*"Thanks Dr. Seal
for my dazzling
new smile!"*



Tom Seal DDS

(425) 823-9000

www.drTomSeal.com

9750 NE 120th Place, Ste 1, Kirkland, WA 98034

B

Natural Health

Creating Beautiful Smiles that are Mercury-Free and Metal-Free

- Open Saturdays
- Night & Sports Guards
- Dental Implants
- Laser Whitening
- Lumineers/Veneers
- Snoring Appliances
- IV/Sleep Sedation
- Safe Mercury Removal
- Biocompatible Materials
- Wisdom Teeth Extraction
- Invisalign® and Ortho Appliances
- Materials Reactivity Testing
- Same Day Emergency Appointments



Daniel G. Mashoof
DMD, Prosthodontist

*Certified Biocompatible Dentist
by the International Association
of Biological Dentistry and
Medicine.*

*Credited Member of
International Academy of Oral
Medicine & Toxicology*

Crossroads Dental

1811 156 Ave NE, #6, Bellevue, WA 98007

(425) 643-2488 • DrMashoof.com • info@DrMashoof.com

Reflexology

continued from page B-25

verification of qualifications and passing a state exam. The Washington Reflexology Association is working with the legislative process to set the standards for registration such as definitions, education requirement and qualifications that are in compliance with our national standards. The standard of training has been 200 credit hours; however, new advisories are advocating that a Certificate of Mastery be increased to 300 credit hours. The lines are blurred, but in the coming months, we will be working to make these distinctions clearer for everyone.

What are the Limitations of a Certified Reflexologist?

There are very clear guidelines that distinguish reflexology from massage. License massage practitioners have a license to touch your body. The area of touch allowed for reflexologists is restricted to 1/3 of the leg just below the knee or about 5 inches above the ankle, hands and only on the outer ear. A reflexologist, if not a massage practitioner is not allowed to move their hands around in massage type motion and only to use a pressure type of action. Why should you care if a reflexologist does a massage like motion? If it feels good what is the harm? The harm is that they would not be following the state law and are not trained to massage. If a person is not trained it leaves you vulnerable to injury without much recourse. You are then accepting illegal services much like a John. In the new law, the scopes of practice have not been totally defined. Additionally, documentation is important. Intake forms, disclaimer forms and session report forms, similar to those used by other health care providers, are commonly used, and maybe required by law.

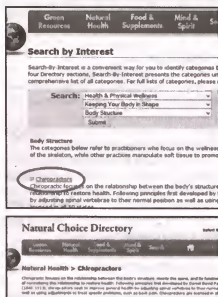


Please tell our businesses you found them in the

Natural Choice Directory

In Pills We Trust

continued from page B-8



Search by Interest

Search-By-Interest is a convenient way for you to identify categories in our four directory sections. Search-By-Interest presents the categories in a comprehensive list of all categories. For full lists of categories, please click on the category you are interested in.

Search: Health & Physical Medicine
Keeping Your Body in Shape
Body Structure
Skins

Body Structure

The categories below refer to practitioners who focus on the wellness of the skeleton, while other practices manipulate soft tissue to promote wellness.

Characteristics

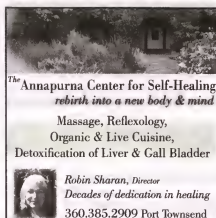
Characteristics focus on the relationship between the body's structure and function. Practitioners use a variety of techniques to help the body return to its normal position as well as using manual manipulation to help the body return to its normal position.

Natural Choice Directory

Categories: Health & Physical Medicine, Keeping Your Body in Shape, Body Structure, Skins

Search By Keyword: A Broad-based Search

Searching by keyword is very flexible. It is suitable when you are looking for any information on the Directory.



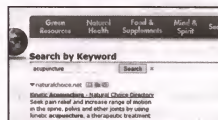
The Annapurna Center for Self-Healing
rebirth into a new body & mind

Massage, Reflexology,
Organic & Live Cuisine,
Detoxification of Liver & Gall Bladder

Robin Sharan, Director
Decades of dedication in healing
360.385.2909 Port Townsend

including listings, articles and blogs, related to a keyword(s). A keyword(s) can be any word(s) of interest, such as a symptom, a modality/industry, or the name of a practitioner/business.

Reclaim Your Body



Search by Keyword

keyword

Search

Search Results: 1 results found

Search Results: 1 results found

Search Results: 1 results found

Your health is in your hands. Rely on your innate healing power. We are here to help you along the way.

Find full articles in the Feb 2013 Archive of naturalchoice.net/blog.php.

Ann Pietrangelo is the Author of "No More Secs!" www.AnnPietrangelo.com

Dr. Calvin Kwan, ND is a clinical resident at Bastyr Center for Natural Health



Goddess Sanctuary Spa & Healing Center

Our all natural health spa is here to help you achieve your goals for detoxification, relaxation and restoration of your whole being!

**Massage - Facials - Body Wraps
Detox Therapies - Infrared
Antiaging - Spa Parties**

Directed by Dr. Lucinda Messer, ND
located in a tranquil spa
with a beautiful view of Lake Washington

425-825-8306
www.goddesssanctuaryspa.com

Continued on page C-25

ACUPRESSURE

CHERYL ROOT, LMP, CCST

Massage • Acupressure • CranioSacral
 www.seattlepainmanagementspecialist.com
 517 Kirkland Way, Kirkland 425-889-8722

ACUPUNCTURE

ACUPUNCTURE ASSOCIATES

See Ad on Page B15

NATURAL HEALING CENTER

Jyun Shimizu, DAC, LAC, EAMP
 www.acu-associates.com 877-901-CURE

TERI ADOLFO, LAC

See Ad on Page B17

Acupuncture & Ayurvedic Medicine
 9730 Third Ave NE Suite 202, Seattle
 www.actiontohealth.com 206-525-5576

ANCIENT ARTS VETERINARY
ACUPUNCTURE

See Ad on Page B21

Holistic Medicine & Healing Art
 All Creatures Great & Small Welcome
 www.ancientartsvet.com 206-547-1025

BASTYR CENTER FOR NATURAL HEALTH

See Ad on Page B19

The Northwest's Largest Natural Health Clinic
 visit us: Health.BastyrCenter.info
 3670 Stone Way N, Seattle 206-834-4100

BELLEVUE CENTER FOR HEALTH

See Ad on Page B19

Voted Best of Bellevue Chiropractor '11 & '12
 1260 - 116th Ave NE, Ste 100, Bellevue
 www.mybcfh.com 425-957-0761

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
 www.bodhicittahealingcenter.com
 704 Warren Ave N, Seattle 206-547-3387

BRIDGET BOYLAN, PT, LAC

See Ad on Page B13

Holistic Health for the Body Mind & Spirit
 www.5eacupuncture.com
 Everett & Bellingham 425-876-2255

DR. TERESA TELI CHEN, LAC, OMD

See Ad on Page B24

Health Tune Up • Pain • Stress
 Weight Loss • Allergy • Insurance Accepted
 12501 Bel-Red Rd, Ste 110 206-818-8012

THE DYSPONESIS PROJECT, LLC

See Ad on Page B16

Community Style Acupuncture
 www.dysponesisproject.com

EASTSIDE MESSAGE CLINIC

See Ad on Page B13

Massage • Acupuncture • Naturopathy
 13555 Bel-Red Road, Suite 205, Bellevue
 EastsideMessageClinic.com 425-455-2320

EVERGREEN INTEGRATIVE MEDICINE

See Ad on Page B4

Naturopathy, Acupuncture, & Women's Health
 11520 NE 20th St, Bellevue WA 98004
 www.eimed.com 425-999-4503

ERIC HARTMANN, M.AC., LAC.

Worsley 5 Element Acupuncture
 www.acupuncture5element.com
 Seattle 206-769-6709

HEALTHPOINT

See Ad on Page 8

Renton | SeaTac | Auburn | Tukwila | Midway
 Federal Way | Redmond | Bothell | Kent
 Your Community Health Center

JEN GARDEN ACUPUNCTURE

See Ad on Page B17

Evening/Saturday hours. Insurance Accepted
 4500 9th Ave NE Ste 300, Seattle 98105
 www.jengarden.com 206-817-1927

KULA MOVEMENT

See Ad on Page B12

Center for Yoga & Health
 5340 Ballard Ave NW, Seattle 98107
 www.kulamovement.com 206-972-2999

NATURAL HEALTH CENTER

See Ad on Page 11

Integrative and Natural Health Practitioners
 33650 6th Ave S, Ste 100, Federal Way
 naturalhealthcenterwa.com 253-942-3316

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
 23700 Edmonds Way, Edmonds
 www.newhealthmed.com 425-775-6001

QUEEN ANNE NATURAL HEALTH

See Ad on Page B24

Jessica Auckly, EAMP, MSAOM
 600 W. McGraw, Ste #1, Seattle
 queenannennaturalhealth.com 206-282-5386

SEATTLE NATUROPATHY ACUPUNCTURE
& BIRTH CENTER

See Ad on Page B17 & Coupon Online

2705 E. Madison, Seattle, WA 98112
 www.snabc.com 206-328-7929

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
 snohomishnaturopathic.com 360-568-2686

DRS TEJINDER SODHI & VANESSA RUCKER

See Ad on Page B21 & Coupon Online

www.holistic-pet-care.com
 2115 112th Ave NE #100 Blvv 425-455-8900
 19503 56th Av W Lynnwood 425-771-6300

GLENN SOJA, LAC, EAMP, OMD

See Ad on Page B15

Mitchell Center for Natural Healing
 9303 Healthy Skin, Naturally!
 www.mitchell-center.com 206-284-6040

WUHSING TAO SCHOOL

See Ad on Page B18

Five Element Acupuncture School
 4000 NE 41st St, Bldg D, Ste 1, Seattle
 www.wuhsing.org 206-324-7188

ALLERGY & CHEMICAL
SENSITIVITY TREATMENT

ACUPUNCTURE ASSOCIATES

See Ad on Page B15

NATURAL HEALING CENTER
 Jyun Shimizu, DAC, LAC, EAMP
 www.acu-associates.com 877-901-CURE

BASTYR CENTER FOR NATURAL HEALTH

See Ad on Page B19

The Northwest's Largest Natural Health Clinic
 visit us: Health.BastyrCenter.info
 3670 Stone Way N, Seattle 206-834-4100

BODYTALK™ PRACTITIONERS

See Ad on Page B6

Experience this Revolutionary BodyMind
 Healing. Balance & Restore the Body's Natural
 Ability to Heal. See Ad for Practitioners

FERN LIFE CENTER

See Ad on Page B10

Keesha Ewers, PhD, ARNP
 410 Newport Way NW, Ste B, Issaquah
 www.fernlifecenter.com 425-391-3376

MARION JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
 "When Quality of Life Matters"
 nwintegrativephysicians.com 360-336-0123

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drruhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

RODAN+FIELDS DERMATOLOGISTS

See Ad on Page B13

In home "spa quality" treatment
Changing skin and changing lives
lindakosin.myrandf.com 425-466-6945

SEATTLE NATURAL MATRESS

See Ad on Page A8

www.SeattleNaturalMattress.com
4033 Aurora Ave North, Seattle, WA
seanattmatt@gmail.com 206-419-9550

ANIMAL SERVICES

(See Also Vets)

ANCIENT ARTS VETERINARY ACUPUNCTURE

See Ad on Page B21

Holistic Medicine & Healing Art
All Creatures Great & Small Welcome
www.ancientartsvet.com 206-547-1025

POLLY KLEIN

See Ad on Page B21

Animal Communication & Reiki Practitioner
www.tonglenhealingarts.com
Issaquah 425-427-8028

NEXT TO NATURE

See Ad on Page C3

Your Pet's Health Food Store
Edmonds • Seattle • Tacoma
www.next-to-nature.com

DOUGLAS R. YEAROUT, DVM

See Ad on Page B21

All Animal & Bird Veterinary Hospital
9004 Vernon Rd. Everett 98258
www.holisticanimaldoc.com 425-334-8171

ANTI-AGING THERAPIES

ANNAPURNA CENTER FOR SELF HEALING

See Ad on Page B27

538 Adams, Pt Townsend
www.annapurna.com 360-385-2909

DR. LUCINDA MESSER, ND

See Ad on Page B7

Pacific Health Restoration Center
1617 Market Street, Kirkland 98033
www.drucinda.com 425-827-9770

METAMORPHOSIS HOLISTIC SPA

See Ad on Page B8

Massage, Skincare, & Wellness Programs
North Seattle Office
www.seattleholisticspa.com/ 206-547-0420

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com 360-568-2686

APPLIED KINESIOLOGY & KINESIOLOGY

ACUPUNCTURE ASSOCIATES

See Ad on Page B15

NATURAL HEALING CENTER
Jyun Shimizu, DAC, LAc, EAMP
www.acu-associates.com 877-901-CURE

BUTTERFLY BALANCE WELLNESS CENTER

See Ad on Page B22

Health Kinesiology & Reconnective Healing
Sue Mariconda • 3515 SW Alaska St, Seattle
ButterflyBalance.com 206-755-9900

SHILA MOA, HOLISTIC HEALER

See Ad on Page B22

Barbara Brennan School of Healing
Intuitive Healer & Applied Kinesiologist
www.shilamoa.com 360-734-2861

SEATTLE NATURAL HEALTH

See Ad on Page B4

12345 Roosevelt Way NE, #101, Seattle
David Ramaley, ND, DC, DACNB
Laurie McQuail, DC, DACNB 206-306-7797

AROMATHERAPY SERVICES & PRODUCTS

EAST WEST BOOKSHOP

See Ad on Page D6

6500 Roosevelt Way NE, Seattle
eastwestbookshop.com 206-523-3726

HERBAN WELLNESS

See Ad on Page C5

Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-330-2171

O'MALLEY & POTTER

See Ad on Page B22

"FEEL-GOOD" PRODUCTS™
23716 8th Ave SE Suite A, Bothell 98021
feelgoodproducts.com 425-485-6260

SONG CROFT NATURALS

See Ad on Page B10

Body, Skin, Hair Care & Herbal Products
Truly Natural. Truly Safe.
songcroftnaturals.com 425-770-1700

TENZING MOMO

See Ad on Page C5

Visit us online at www.tenzingmomo.com
93 Pike St - Pike Place Market
Seattle 206-623-9837

AYURVEDIC MEDICINE

TERI ADOLFO, LAC

See Ad on Page B17

Acupuncture & Ayurvedic Medicine
9730 Third Ave NE Suite 202, Seattle
www.actiontohealth.com 206-525-5576

THE EMERALD CENTER FOR INTEGRATIVE MEDICINE

See Ad on Page B4

Teresa Goldsmith, ND
9730 Third Avenue N.E., Ste 202, Seattle
theemeraldcenter.com 206-525-5576

FERN LIFE CENTER

See Ad on Page B10

Keesha Ewers, PhD, ARNP
410 Newport Way NW, Ste B, Issaquah
www.fernlifecenter.com 425-391-3376

DRSTEJINDER SODHI & VANESSA RUCKER

See Ad on Page B21 & Coupon Online

www.holistic-pet-care.com
2115 112th Av NE #100 Blv 425-455-8900
19503 56th Av W Lynnwood 425-711-6300

BIOENERGETICS

BODY-PSYCHOTHERAPY OF SEATTLE, AYLEE WELCH, LICSW

See Ad on Page D8

Core Energetics & Other Modalities
Individual, Couple & Group Therapy
bodypsychotherapy.us 206-910-9766

QUANTUM POSSIBILITIES

See Ad on Page B22

Biofeedback & Energetic Practitioner
www.quantumpossibilities.biz • Tukwila
Cell: 206-920-3397 206-433-5111

BIOFEEDBACK**QUANTUM POSSIBILITIES***See Ad on Page B22*

Biofeedback & Energetic Practitioner
www.quantumpossibilities.biz • Tukwila
Cell: 206-920-3397 **206-433-5111**

BODYTALK**BODYTALK™ PRACTITIONERS***See Ad on Page B6*

Experience this Revolutionary BodyMind Healing. Balance & Restore the Body's Natural Ability to Heal. *See Ad for Practitioners*

BOWENWORK**BOWENWORK***See Ad on Page B7*

Bowenwork is a gentle neuromuscular therapy that evokes deep relaxation and that renews the body's capacity for healing. Please see ad for a practitioner near you.

HEALTHFUL TOUCH*See Ad on Page B16*

Massage, Reiki, CranioSacral Therapy,
Bowen Work • 22726 - 44th Ave W, Ste. A
Mountlake Terrace 98043 **425-697-3673**

BRAIN HEALTH**AMEN CLINICS***See Ad on Page 2*

There is Hope. We are here for you.
616 120th Ave NE, Ste C100, Bellevue
www.amenclinics.com **425-455-7500**

NANCY HALLER*See Ad on Page B18*

Guild Certified Feldenkrais Practitioner, MA
256 SW 43rd Street Renton 98057
www.nancyhaller.com **425-282-0406**

PURE O2 HEALING*See Ad on Page 13*

Hyperbaric Oxygen Therapy; pureo2healing.com
Maple Valley Clinic **425-413-1418**
Buckley Clinic **253-397-0263**

BREATHWORK AND BREATHING TECHNIQUES**PETER KANE***See Ad on Page D3*

30+ years experience. Office in Redmond.
Bills most health insurance policies
www.PeterKane.org **425-802-2050**

CANCER CARE - ALTERNATIVES**ADVANCED HOLISTIC HEALTH***See Ad on Page A18*

Seattle and Issaquah locations
www.advancedholistichealth.org
888-508-5428 **425-243-2411**

MARIAN JOHNSTON, MD, FABMS*See Ad on Page B11*

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com **360-336-0123**

DR. LUCINDA MESSER, ND*See Ad on Page B7*

Pacific Health Restoration Center
1617 Market Street, Kirkland 98033
www.drLucinda.com **425-827-9770**

NATURAL HEALTH MEDICAL CLINIC*See Ad on Page B4*

www.druhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozon
4002 25th Ave S, Seattle **206-723-4891**

NEW HEALTH MEDICAL CENTER*See Ad on Page B6*

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com **425-775-6001**

SEATTLE CANCER TREATMENT AND WELLNESS CENTER*See Ad on Page 10*

900 SW 16th Street, Ste 100, Renton
seattlecancerwellness.com **206-367-4673**

CHELATION THERAPY**NATURAL HEALTH MEDICAL CLINIC***See Ad on Page B4*

www.druhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozon
4002 25th Ave S, Seattle **206-723-4891**

SNOHOMISH NATUROPATHIC CLINIC*See Ad on Page 3*

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com **360-568-2686**

TAHOMA CLINIC & DISPENSARY*See Ad on Page B20*

www.tahomaclinic.com
801 SW 16th Street, Renton, 98055
425-264-0059 **425-264-0051**

CHINESE MEDICINE**ACUPUNCTURE ASSOCIATES***See Ad on Page B15*

NATURAL HEALING CENTER
Jyun Shimizu, DAC, LAC, EAMP
www.acu-associates.com **877-901-CURE**

BASTYR CENTER FOR NATURAL HEALTH*See Ad on Page B19*

The Northwest's Largest Natural Health Clinic
visit us: Health.BastyrCenter.info
3670 Stone Way N, Seattle **206-834-4100**

BODHICITTA HEALING CENTER*See Ad on Page B17*

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle **206-547-3387**

DR. TERESA TELI CHEN, LAC, OMD*See Ad on Page B24*

Health Tune Up • Pain • Stress
Weight Loss • Allergy • Insurance Accepted
12501 Bel-Red Rd, Ste 110 **206-818-8012**

THE DYSPONOSIS PROJECT, LLC*See Ad on Page B16*

Community Style Acupuncture
www.dysponosisproject.com

INTEGRATIVE FAMILY NATURAL HEALTH CLINIC*See Ad on Page B9*

Dr Jodi L Berg, ND, LAC, LMP
3903 Colby Ave, Everett **425-258-2325**

SEATTLE CANCER TREATMENT AND WELLNESS CENTER*See Ad on Page 10*

900 SW 16th Street, Ste 100, Renton
seattlecancerwellness.com **206-367-4673**

GLENN SOJA, LAC, EAMP, OM*See Ad on Page B15*

Mitchell Center for Natural Healing
Beautiful Healthy Skin, Naturally!
www.mitchell-center.com **206-284-6040**

WUHSING TAO SCHOOL

See Ad on Page B18

Five Element Acupuncture School
4000 NE 41st St, Bldg D, Ste 1, Seattle
www.wuhsing.org 206-324-7188

CHIROPRACTORS

ADAMSON CHIROPRACTIC

See Ad on Page 6

Specialize in ACTIVE RELEASE TECHNIQUE
4631 Whitman Lane SE, Lacey 98513
chiropractorolympiawa.com 360-923-1717

BELLEVUE CENTER FOR HEALTH

See Ad on Page B19

Voted Best of Bellevue Chiropractor '11 & '12
1260 - 116th Ave NE, Ste 100, Bellevue
www.mybcbh.com 425-957-0761

CENTER FOR NETWORK CARE

See Ad on Page 7

Chiropractic Care - Dr. Dick Shepard, DC
8301 8th Ave NW, Seattle
www.networkcare.org 206-525-4155

SEATTLE NATURAL HEALTH

See Ad on Page B4

12345 Roosevelt Way NE, #101, Seattle
David Ramaley, ND, DC, DACNB
Laurie McQuig, DC, DACNB 206-306-7797

DRS TEJINDER SODHI & VANESSA RUCKER

See Ad on Page B21 & Coupon Online

www.holistic-pet-care.com
2115 112th Av NE #100 Bliv 425-455-8900
19503 56th Av W Lynnwood 425-771-6300

WELLNESSONE

See Ad on Page 11

Bellevue: www.bv.wellnessone.net
Eastgate: www.eastgate.wellnessone.net
Steven Thain, DC 866-499-7509

YARDLEY INSTITUTE

See Ad on Page B19

Lee Yardley, DC.
26238 Pacific Hwy S, Kent 98032
www.yardleyinstitute.org 253-529-1100

CHRONIC FATIGUE & ILLNESS

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

NEW LEAF HYPERBARICS

See Ad on Page B3 & Coupon Online

2115 S. 56th St, Ste 205, Tacoma
NewLeafHBT.com 800-689-1254

PURE O2 HEALING

See Ad on Page 13

Hyperbaric Oxygen Therapy: pureo2healing.com
Maple Valley Clinic 425-413-1418
Buckley Clinic 253-397-0263

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHANP
5224 Wilson Ave. S, Ste 202, Seattle 98118
seattlehomeopathy.com 206-721-5121

COLON THERAPY

FERN LIFE CENTER

See Ad on Page B10

Keesha Ewers, PhD, ARNP
410 Newport Way NW, Ste B, Issaquah
www.fernlifecenter.com 425-391-3376

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

CRANIOSACRAL THERAPY

CENTER FOR ADVANCED DENTAL MEDICINE

See Ad on Page 5

Blending Technology & Artistry
www.centerforadvanceddental.net
Federal Way, 98003 253-941-8000

EASTSIDE MASSAGE CLINIC

See Ad on Page B13

Massage • Acupuncture • Naturopathy
13555 Bel-Red Road, Suite 205, Bellevue
EastsideMassageClinic.com 425-455-2320

THE EMERALD CENTER FOR INTEGRATIVE MEDICINE

See Ad on Page B4

Teresa Goldsmith, ND
9730 Third Avenue N.E., Ste 202, Seattle
theemeraldcenter.com 206-525-5576

HEALTHFUL TOUCH

See Ad on Page B16

Massage, Reiki, CranioSacral Therapy,
Bowen Work • 22726 - 44th Ave W, Ste. A
Mountlake Terrace 98043 425-697-3673

HEALTHPOINT

See Ad on Page 8

Renton | SeaTac | Auburn | Tukwila | Midway
Federal Way | Redmond | Bothell | Kent
Your Community Health Center

INNER SOURCE COUNSELING

See Ad on Page D10

Kathryn Larsson, MSW, West Seattle
www.inner-source.com 206-933-1710

CAROL KAKOCZY, LMP, CST

See Ad on Page B25

545 Rainier Blvd #9, Issaquah 425-802-2826

KAY LAKEY PHYSICAL THERAPY

See Ad on Page B13

Holistic Physical Therapy • CranioSacral
Reiki • Visceral Mobilization • MFR
9500 Roosevelt Wy NE Sea 206-523-7086

POLLY KLEIN

See Ad on Page B21

Animal Communication & Reiki Practitioner
www.tonglenhealingarts.com
Issaquah 425-427-8028

KIM LANEY LMP CSP

See Ad on Page B25

SHEN* Physio-Emotional Therapy
Acutonics
www.acu-shen.com 206-920-7436

MISHA NOONAN, ROLFER

See Ad on Page B24

Certified & Advanced - Since 1995
1611 116th Ave NE Ste 109, Bellevue
www.mishanoonan.com 425-424-9349

ANN PROCTOR, RT, LMP

See Ad on Page B20 & Coupon Online

CranioSacral • Aromatherapy
Massage • Energy Bal • Myofascial Release
Des Moines 206-878-6940

RAIN CITY ROLFING®

See Ad on Page B24

ALLAN KAPLAN, Certified Advanced Rolfer
2207 NE 65th St, Suite 202, Seattle
www.allankaplan.net 206-729-6314

CHERYL ROOT, LMP, CCST

Massage • Acupressure • CranioSacral
www.seattlepainmanagementspecialist.com
517 Kirkland Way, Kirkland 425-889-8722

DEEP TISSUE BODYWORK

BODY CONSCIOUS, P.S.

See Ad on Page B22

Visit us at: www.bodyconscious.biz
 6300 - 9th Ave NE, Suite 101
 Seattle 98115 206-849-4345

EASTSIDE MASSAGE CLINIC

See Ad on Page B13

Massage * Acupuncture * Naturopathy
 13555 Bel-Red Road, Suite 205, Bellevue
EastsideMassageClinic.com 425-455-2320

HEALING MASSAGE STUDIO

See Ad on Page B20

West Seattle and Bellevue Locations
 Lynn Lord, LMP 206-935-2620

JILL M. PATTEN, LMP

See Ad on Page B18

Swedish, Shiatsu, Prenatal, Deep Tissue
 23700 Edmonds Wy @ New Health Med
 206-228-0918 425-775-6001

RAIN CITY ROLFING®

See Ad on Page B24

ALLAN KAPLAN, Certified Advanced Rolfing
 2207 NE 65th St, Suite 202, Seattle
www.allankaplan.net 206-729-6314

JANAKI ROSE, OTR/L

See Ad on Page B25

Hellerwork Deep Tissue • RSI & Injury
 Emotional Awareness • Lymph Drainage
 Seattle/Monroe 206-528-5350

SANDY SCHNEIDER

See Ad on Page B25

Cert. Adv. Rolfing™, Rolf Movement® Pract.
 607 SW Grady Way Ste 130, Renton
www.evergreen-rolfing.com 425-255-8800

DENTISTS & ORTHODONTISTS

ADVANCED DENTAL ARTS

See Ad on Page B13

Client relationships that lead to optimal health www.tedhainesdds.com
 810 Ave D, Snohomish 360-568-8577

ADVANCED DENTAL CARE

See Ad on Page B13

www.thetacomadentist.com
 5038 Tacoma Mall Blvd. Ste A, Tacoma
 Shaofan Kevin Xu, DDS 253-472-0805

AESTHETIC & FAMILY DENTISTRY

See Ad on Page 3

Beautiful Smiles Say A Lot About You!
 14300 SE Petrovitsky Rd, Renton 98058
www.tomleeds.com 425-226-2100

CENTER FOR ADVANCED DENTAL MEDICINE

See Ad on Page 5

Blending Technology & Artistry
www.centerforadvanceddental.net
 Federal Way, 98003 253-941-8000

CROSSROADS DENTAL

See Ad on Inside Back Cover

www.drmaschoof.com
 1811 156th Av NE #6, Bellevue 425-643-2488

ROBERT FEASEL DDS

See Ad on Page B7

Mercury Free Dentistry
 19500 Ballinger Way NE, Ste 111, Shoreline
 30 Years of Experience 206-362-5400

KINGSGATE DENTAL CLINIC

See Ad On Backcover & Coupon Online

Dr. Ann Kelley, DDS & Associates
 Mercury Free Restorations
 12308 NE 144th St. Kirkland 425-821-9191

MITCHELL MARDER, DDS

See Ad on Page B24

Sensitive Biological Dental Care
 9730 3rd Ave NE, Ste 205
 Seattle, 98115 206-367-6453

NATURAL DENTAL HEALTH ASSOC

See Ad on Page 1

Holistic, Envirostar Practice (5 Stars)
 240 NW Gilman Blvd, Ste 114, Issaquah
 Jessica P. Saepoff, DDS 425-427-8899

JOHN AUGUST RAU, DDS, MA, L.AC

See Ad on Page B13

Oro-facial-head-neck pain
 509 Olive Wy, Ste 702 Medical-Dental Bldg
 Seattle 98101 206-622-2380

PAUL G. RUBIN, DDS, MIAOMT

See Ad on Page B14

9730 3rd Ave NE, Ste 205, Seattle 98115
 Mercury-free, biocompatible dentistry
 since 1981. 206-367-4712

TOM SEAL, D.D.S.

See Ad on Inside Back Cover

9750 NE 120th Pl, Suite 1, Kirkland 98034
www.drtoomseal.com 425-823-9000

GREGORY ZIMMER, DDS

See Ad on Page B14

General and Mercury-Safe Dentistry
 6716 Eastside Drive NE, Ste 4, Tacoma
gregoryzimmerdds.com 253-927-8040

DETOXIFICATION THERAPY

MARINA ABRAMS, MD, ND, MSAOM

See Ad on Page 6 & Coupon Online

BIO-IDENTICAL HORMONE EXPERT
 Science-Based Natural & Medical Therapies
 Personalized Healing 206-283-1383

TERI ADOLFO, LAC

See Ad on Page B17

Acupuncture & Ayurvedic Medicine
 9730 Third Ave NE Suite 202, Seattle
www.actiontohealth.com 206-525-5576

ANNAPURNA CENTER FOR SELF HEALING

See Ad on Page B27

538 Adams, Pt Townsend
www.annapurna.com 360-385-2909

BIONIC HYDROTHERAPY™

See Ad on Page B3

www.bionichydrotherapy.com
 Feel Great! Total Body Detox through a
 30 minute warm foot bath. 360-387-8124

FERN LIFE CENTER

See Ad on Page B10

Keesha Ewers, PhD, ARNP
 410 Newport Way NW, Ste B, Issaquah
www.fernlifecenter.com 425-391-3376

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
 "When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

MITCHELL MARDER, DDS

See Ad on Page B24

Sensitive Biological Dental Care
 9730 3rd Ave NE, Ste 205
 Seattle, 98115 206-367-6453

DR. LUCINDA MESSER, ND

See Ad on Page B7

Pacific Health Restoration Center
 1617 Market Street, Kirkland 98033
www.drucinda.com 425-827-9770

METAMORPHOSIS HOLISTIC SPA

See Ad on Page B8

Massage, Skincare, & Wellness Programs
 North Seattle Office
seattleholisticspa.com 206-547-0420

DAVID MUSNICK, MD

See Ad on Page B11

Internal, Sports & Functional Medicine
 1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com 425-462-7325

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drurhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

NEW LEAF HYPERBARICS

See Ad on Page B3 & Coupon Online

2115 S. 56th St, Ste 205, Tacoma
NewLeafHBT.com 800-689-1254

JANAKI ROSE, OTR/L

See Ad on Page B25

Hellerwork Deep Tissue • RSI & Injury
Emotional Awareness • Lymph Drainage
Seattle/Monroe 206-528-3530

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com 360-568-2686

**ENERGY BALANCING AND
ENERGETIC HEALING**

JUNE BLUESPRUCE, MPH

See Ad on Page D9

Shamanic Practitioner
Improve your health and live your dreams.
junebluespruce.com 206-579-1203

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittah healingcenter.com
704 Warren Ave N, Seattle 206-457-3387

BODYTALK™ PRACTITIONERS

See Ad on Page B6

Experience this Revolutionary BodyMind
Healing. Balance & Restore the Body's Natural
Ability to Heal. See Ad for Practitioners

BUTTERFLY BALANCE WELLNESS CENTER

See Ad on Page B22

Health Kinesiology & Reconnective Healing
Sue Mariconda • 3515 SW Alaska St, Seattle
ButterflyBalance.com 206-755-9900

HEALING LIGHTS UNLIMITED

See Ad on Page D5

Available for House Calls! ... by Pany Taylor
healinglightsunl.com • Pany315@msn.com
425-814-4854 206-450-2477

HEALING MASSAGE STUDIO

See Ad on Page B20

West Seattle and Bellevue Locations
Lynn Lord, LMP 206-935-2620

HEALING TOUCH WASHINGTON STATE

See Ad on Page B16

www.healingtouchwashingtonstate.net
Energy Healing Practitioners • Classes in
Seattle, Tacoma & Olympia area

CAROL KAKOCZY, LMP, CST

See Ad on Page B25

545 Rainier Blvd #9, Issaquah 425-802-2826

POLLY KLEIN

See Ad on Page B21

Animal Communication & Reiki Practitioner
www.tonglenhealingarts.com
Issaquah 425-427-8028

NORTHWEST REIKI CENTER

See Ad on Page B19

Reiki Classes, Master Training, Circle
4205 148th Ave NE, Bellevue 98007
www.nwreikicenter.org 425-736-6980

THERESA NUCCIO, LICSW, LMP

See Ad on Page D9

Psychotherapy • EMDR • Reiki
Individuals & Couples • in Seattle
www.TheresaNuccio.net 206-324-5616

ANN PROCTOR, RT, LMP

See Ad on Page B20 & Coupon Online

Craniocervical • Aromatherapy
Massage • Energy Bal • Myofascial Release
Des Moines 206-878-6940

QUANTUM POSSIBILITIES

See Ad on Page B22

Biofeedback & Energetic Practitioner
www.quantumpossibilities.biz • Tukwila
Cell: 206-920-3397 206-433-5111

SONGO ~ IN SNOHOMISH

See Ad on Page D11

Shamanic Consultations ~ Classes ~ Reiki
innayni@aol.com 425-334-9403
www.Go2SONGO.com 425-346-1691

CHRISTINE UPCHURCH, M.S.

See Ad on Page 4

Director, Stellar Reflections Healing Center
Co-Founder, Orion Network for Evolution™
christine@cuhealing.com 425-999-9836

**VISION QUEST BOOKSTORE &
WELLNESS CENTER**

See Ad on Page D4

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1591

ENVIRONMENTAL MEDICINE

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drurhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

**ESSENTIAL OILS &
FLOWER REMEDIES**

BRIDGET BOYLAN, PT, LAC

See Ad on Page B13

Holistic Health for the Body Mind & Spirit
www.5eacupunctureandsound.com
Everett & Bellingham 425-876-2255

THE HERBALIST

See Ad on Page C11

Northwest Herb Specialist
2106 NE 65th, Seattle 98115
www.theherbalist.com 206-523-2600

HERBAN WELLNESS

See Ad on Page C5

Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-330-2171

O'MALLEY & POTTER

See Ad on Page B22

"FEEL-GOOD" PRODUCTS™
23716 8th Ave SE Suite A, Bothell 98021
feelgoodproducts.com 425-485-6260

TENZING MOMO

See Ad on Page C5

Visit us online at www.tenzingmomo.com
93 Pike St - Pike Place Market
Seattle 206-623-9837

**VISION QUEST BOOKSTORE &
WELLNESS CENTER**

See Ad on Page D4

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1591

ZENITH SUPPLIES INC

See Ad on Page D12

Supporting a Holistic Lifestyle
6300 Roosevelt Wy NE, Seattle 98115
800-735-7217 206-525-7997

ESTHETICIANS

(See Also Facials & Skin Care)

UNIQUELY NATURAL*See Ad on Page A3*

Chemical Free * Safe Products * Hair Salon
5903 244th St. SW, #C, Mountlake Terrace
www.uniquely-natural.com 425-774-6078

FACIALS

(See Also Skin Care)

NATIVE SPRINGS SPA BOUTIQUE*See Ad on Page B8*

125 E. Washington Street, LaConner
Detox your skin & body. Rebalance & refresh.
www.nativesprings.com 360-708-8313

NEW HEALTH MEDICAL CENTER*See Ad on Page B6*

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

GODDESS SANCTUARY SPA & HEALING CENTER*See Ad on Page B27*

Detox, Relax, & Restore Your Whole Being
goddesssanctuaryspa.com 425-825-8306

FELDENKRAIS METHOD**FELDENKRAIS TEACHERS IN SEATTLE***See Ad on Page B16*

Find Teachers, Classes, and Workshops
www.FeldenkraisTeachersInSeattle.com
"MOVE well, be well"

NANCY HALLER*See Ad on Page B18*

Guild Certified Feldenkrais Practitioner, MA
256 SW 43rd Street Renton 98057
www.nancyhaller.com 425-282-0406

MOVEMENT FROM WITHIN*See Ad on Page B12*

Carrie Lafferty: PT • Feldenkrais • Qi Gong
feldenkraisteachersinseattle.com
movementfromwithin.net 206-459-1773

FERTILITY / INFERTILITY TREATMENT**ACUPUNCTURE ASSOCIATES***See Ad on Page B15*

NATURAL HEALING CENTER
Jyun Shimizu, DAC, LAC, EAMP
www.acu-associates.com 877-901-CURE

DOULAVILLE*See Ad on Page B10*

Puget Sound Doula's. Classes & Workshops.
Support through pregnancy, birth & postpartum
www.seattle.doulaville.com 206-388-2901

NEW HEALTH MEDICAL CENTER*See Ad on Page B6*

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

FIBROMYALGIA TREATMENT**ACUPUNCTURE ASSOCIATES***See Ad on Page B15*

NATURAL HEALING CENTER
Jyun Shimizu, DAC, LAC, EAMP
www.acu-associates.com 877-901-CURE

THE DYSPONOSIS PROJECT, LLC*See Ad on Page B16*

Community Style Acupuncture
www.dysponosisproject.com

THE EMERALD CENTER FOR INTEGRATIVE MEDICINE*See Ad on Page B4*

Teresa Goldsmith, ND
9730 Third Avenue N.E., Ste 202, Seattle
theemeraldcenter.com 206-525-5576

MARIAN JOHNSTON, MD, FABMS*See Ad on Page B11*

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

DAVID MUSNICK, MD*See Ad on Page B11*

Internal, Sports & Functional Medicine
1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com 425-462-7325

NEW LEAF HYPERBARICS*See Ad on Page B3 & Coupon Online*

2115 S. 56th St, Ste 205, Tacoma
NewLeafHBT.com 800-689-1254

YARDLEY INSTITUTE*See Ad on Page B19*

Lee Yardley, DC.
26238 Pacific Hwy S, Kent 98032
www.yardleyinstitute.org 253-529-1100

FITNESS TRAINING**EMBRACE THE MOON***See Ad on Page B12*

School for Taijiquan and Qigong
1716 NW Market St, Seattle
embracethemoon.com 206-789-0993

NIA SEATTLE*See Ad on Page B12*

Have Fun. Get Fit. Get Loose.
Workshops and Classes Near You.
www.niasseattle.com 425-985-8653

GERIATRIC CARE**ANN PROCTOR, RT, LMP***See Ad on Page B20 & Coupon Online*

CranioSacral • Aromatherapy
Massage • Energy Bal • Myofascial Release
Des Moines 206-878-6940

HANDS OF LIGHT HEALING**SHILA MOA, HOLISTIC HEALER***See Ad on Page B22*

Barbara Brennan School of Healing
Intuitive Healer & Applied Kinesiologist
www.shilamoa.com 360-734-2861

HEALING TOOLS**THE DYSPONOSIS PROJECT, LLC***See Ad on Page B16*

Community Style Acupuncture
www.dysponosisproject.com

ZENITH SUPPLIES INC*See Ad on Page D12*

Supporting a Holistic Lifestyle
6300 Roosevelt Wy NE, Seattle 98115
800-735-7217 206-525-7997

HEALING TOUCH**HEALING TOUCH WASHINGTON STATE***See Ad on Page B16*

www.healingtouchwashingtonstate.net
Energy Healing Practitioners & Classes in
Seattle, Tacoma & Olympia area

HEALTH CENTERS & CLINICS**ANNAPURNA CENTER FOR SELF HEALING***See Ad on Page B27*

538 Adams, Pt Townsend
www.annapurna.com 360-385-2909

BASTYR CENTER FOR NATURAL HEALTH*See Ad on Page B19*

The Northwest's Largest Natural Health Clinic
visit us: Health.BastyrCenter.info
3670 Stone Way N, Seattle 206-834-4100

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

CENTER FOR NETWORK CARE

See Ad on Page 7

Chiropractic Care • Dr. Dick Shepard, DC
8301 8th Ave. NW, Seattle
www.networkcare.org 206-525-4155

HEALTHPOINT

See Ad on Page 8

Renton | SeaTac | Auburn | Tukwila | Midway
Federal Way | Redmond | Bothell | Kent
Your Community Health Center

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

NATURAL HEALTH CENTER

See Ad on Page 11

Integrative and Natural Health Practitioners
33650 6th Ave S, Ste 100, Federal Way
naturalhealthcenterwa.com 253-942-3316

SEATTLE CANCER TREATMENT AND WELLNESS CENTER

See Ad on Page 10

900 SW 16th Street, Ste 100, Renton
seattlecancerwellness.com 206-367-4673

GLENN SOJA, LAC, EAMP, OM

See Ad on Page B15

Mitchell Center for Natural Healing
Beautiful Healthy Skin, Naturally!
www.mitchell-center.com 206-284-6040

HEALTH PRODUCTS

BASTYR DISPENSARY

See Ad on Page B19

Indulge With the Highest Quality
Natural Products & Exquisite Gifts
3670 Stone Way N, Seattle 206-834-4114

GNC FACTORIA MALL

See Ad on Page C11

Quality Health and Wellness Products
3921 Factoria Blvd SE Bellevue 425-401-9066

SONGCRFT NATURALS

See Ad on Page B10

Body, Skin, Hair Care & Herbal Products
Truly Natural, Truly Safe.
www.songcroftnaturals.com 425-770-1700

HEALTH SPAS

(See Also Retreats in Section D)

DOE BAY RESORT AND RETREAT

See Ad on Page D3

107 Doe Bay Road, Olga WA 98279
www.doebay.com 360-376-2291

GODDESS SANCTUARY SPA & HEALING CENTER

See Ad on Page B27

Detox, Relax, & Restore Your Whole Being
goddesssanctuaryspa.com 425-825-8306

NATIVE SPRINGS SPA BOUTIQUE

See Ad on Page B8

125 E. Washington Street, LaConner
Detox your skin & body. Rebalance & refresh.
www.nativesprings.com 360-708-8313

POMPEO'S HAIR SALON

See Ad on Page A3

5903 244th St SW, #A, Mountlake Terrace
Jeanette Pompeo, Stylist 425-774-6700

URBAN FLOAT

See Ad on Page B15

Renew. Refresh. Revive
3420 Fremont Ave N, Seattle
www.urbanfloat.com 206-257-4333

HELLERWORK

ANITA BOSER HELLERWORK

See Ad on Page B25

Restoring Alignment, Agility & Awareness
www.anitahellerworker.com
Issaquah Office 425-765-2713

BODY CONSCIOUS, P.S.

See Ad on Page B22

Visit us at: www.bodyconscious.biz
6300 - 9th Ave NE, Suite 101
Seattle 98115 206-849-4345

JANAKI ROSE, OTR/L

See Ad on Page B25

Hellerwork Deep Tissue • RSI & Injury
Emotional Awareness • Lymph Drainage
Seattle/Monroe 206-528-5350

HERBALISTS

(See Also Herbs in Section C)

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

THE HERBALIST

See Ad on Page C11

Northwest Herb Specialist
2106 NE 65th, Seattle 98115
www.theherbalist.com 206-523-2600

HERBAN WELLNESS

See Ad on Page C5

Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-330-2171

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drruhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy: Ozone
4002 25th Ave S, Seattle 206-723-4891

QUEEN ANNE NATURAL HEALTH

See Ad on Page B24

Jessica Auckly, EAMP, MSAOM
600 W. McGraw, Ste #1, Seattle
queenannenaturalhealth.com 206-282-5386

GLENN SOJA, LAC, EAMP, OM

See Ad on Page B15

Mitchell Center for Natural Healing
Beautiful Healthy Skin, Naturally!
www.mitchell-center.com 206-284-6040

HOLISTIC PRACTITIONERS

ADVANCED DENTAL CARE

See Ad on Page 13

www.thetacomdentist.com
5038 Tacoma Mall Blvd. Ste A, Tacoma
Shaofan Kevin Xu, DDS 253-472-0805

ADVANCED HOLISTIC HEALTH

See Ad on Page A18

Seattle and Issaquah locations
www.advancedholistichealth.org
888-508-5428 425-243-2441

AESTHETIC & FAMILY DENTISTRY

See Ad on Page 3

Beautiful Smiles Say A Lot About You!
14300 SE Petrovitsky Rd, Renton 98058
www.tomleedds.com 425-226-2100

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

BODYTALK™ PRACTITIONERS

See Ad on Page B6

Experience This Revolutionary BodyMind
Healing. Balance & Restore the Body's Natural
Ability to Heal. See Ad for Practitioners

HOLISTIC PRACTITIONERS (CONT.)

BUTTERFLY BALANCE WELLNESS CENTER

See Ad on Page B22

Health Kinesiology & Reconnective Healing
Sue Mariconda • 3515 SW Alaska St, Seattle
ButterflyBalance.com 206-755-9900

CASCADE NATURAL MEDICINE

See Ad on Page B4

Specializing in Pediatrics & Women's Health
12911 120th Ave NE, Ste E-50, Kirkland
Dr. Candace Aasan 425-820-7700

CROSSROADS DENTAL

See Ad on Inside Back Cover

1811 156th Ave NE #6, Bellevue
www.drmasheof.com 425-643-2488

ROBERT FEASEL DDS

See Ad on Page B7

Mercury Free Dentistry
19500 Ballingway Way NE, Ste 111, Shoreline
30 Years of Experience 206-362-5400

HEALING TOUCH WASHINGTON STATE

See Ad on Page B16

www.healingtouchwashingtonstate.net
Energy Healing Practitioners & Classes in
Seattle, Tacoma & Olympia area

NATURAL DENTAL HEALTH ASSOC

See Ad on Page 1

Holistic, Envirostar Practice (5 Stars)
240 NW Gilman Blvd, Ste 114, Issaquah
Jessica P. Saepoff, DDS 425-427-8899

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drnuhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

OPTICS ONE, INC

See Ad on Page B3

Dr. Joanne Furukawa • Optometrist
601 S. Grady Wy, Suite Q
Renton 98057 425-227-8888

PAUL G. RUBIN, DDS, MIAOMT

See Ad on Page B14

9730 3rd Ave NE, Ste 205, Seattle 98115
Mercury-free, biocompatible dentistry
since 1981. 206-367-4712

TOM SEAL, D.D.S.

See Ad on Inside Back Cover

9750 NE 120th Pl, Suite 1, Kirkland 98034
www.drmtomseal.com 425-823-9000

CHRISTINE UPCHURCH, M.S.

See Ad on Page 4

Director, Stellar Reflections Healing Center
Co-Founder, Orion Network for Evolution™
christine@cuhealing.com 425-999-9836

GREGORY ZIMMER, DDS

See Ad on Page B14

General and Mercury-Safe Dentistry
6716 Eastside Drive NE, Ste 4, Tacoma
gregoryzimmerdds.com 253-927-8040

HOMEOPATHIC PRACTITIONERS

BASTYR CENTER FOR NATURAL HEALTH

See Ad on Page B19

The Northwest's Largest Natural Health Clinic
visit us: Health.BastyrCenter.info
3670 Stone Way N, Seattle 206-834-4100

EVERGREEN INTEGRATIVE MEDICINE

See Ad on Page B4

Naturopathy, Acupuncture, & Women's Health
11520 NE 20th St, Bellevue WA 98004
www.eimed.com 425-999-4503

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drnuhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHNP
5224 Wilson Ave, S, Ste 202, Seattle
seattlehomeopathy.com 206-721-5121

DOUGLAS R. YEAROUT, DVM

See Ad on Page B21

All Animal & Bird Veterinary Hospital
9004 Vernon Rd, Everett 98258
www.holisticanimaldoc.com 425-334-8171

HYDROTHERAPY

BIONIC HYDROTHERAPY™

See Ad on Page B3

www.bionichydrotherapy.com
Feel Great! Total Body Detox through a
30 minute warm foot bath. 360-387-8124

HEALING MASSAGE STUDIO

See Ad on Page B20

West Seattle and Bellevue Locations
Lynn Lord, LMP 206-935-2620

URBAN FLOAT

See Ad on Page B15

Renew. Refresh. Revive
3420 Fremont Ave N, Seattle
www.urbanfloat.com 206-257-4333

IRIDODOLOGY

THE HERBALIST

See Ad on Page C11

Northwest Herb Specialist
2106 NE 65th, Seattle 98115
www.theherbalist.com 206-523-2600

IRIDODOLOGY & SCLEROSIS

See Ad on Page B3

Your health is revealed via your iris
Edmonds, Seattle, and Olympia locations
Nancy Seals 360-556-3556/360-705-4465

TRU HEALTH

See Ad on Page 15

Quality nutritional products @ Clearview
www.truhealth.com 425-415-8410

LYMPHATIC DRAINAGE, THERAPY AND SUPPORT

HEALTHFUL TOUCH

See Ad on Page B16

Massage, Reiki, CranioSacral Therapy,
Bowen Work • 22726 - 44th Ave W, Ste. A
Mountlake Terrace 98043 425-697-3673

CAROL KAKOCZKY, LMP, CST

See Ad on Page B25

545 Rainier Blvd #9, Issaquah 425-802-2826

JANAKI ROSE, OTR/L

See Ad on Page B25

Hellerwork Deep Tissue • RSI & Injury
Emotional Awareness • Lymph Drainage
Seattle/Monroe 206-528-5350

MARTIAL ARTS AND PERSONAL SAFETY

EMBRACE THE MOON

See Ad on Page B12

School for Taijiquan and Qigong
1716 NW Market St, Seattle
embracethemoon.com 206-789-0993

MASSAGE - HOT STONE

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page B25

http://alexandarschoolofnatu.homestead.com/
4026 Pacific Av Tacoma 253-473-1142

TOUCHED BY AN ANGEL MESSAGE & SPA

See Ad on Page B23

Dr. Jodi L Berg, ND, LAc, LMP, RDE
www.drjodi.com 425-258-2325

MESSAGE - PREGNANCY & INFANT

ABINTRA WELLNESS CENTER

See Ad on Page B16 & Coupon Online

Healing through Touch.
Greenlake Neighborhood
www.abintrawellness.com 206-522-9384

MESSAGE - SWEDISH

JILL M. PATTEN, LMP

See Ad on Page B18

Swedish, Shiatsu, Prenatal, Deep Tissue
23700 Edmonds Wy @ New Health Med
206-228-0918 425-775-6001

MESSAGE TABLES, EQUIPMENTS & SUPPLIES

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page B25

http://alexandarschoolofnatu.homestead.com/
4026 Pacific Av Tacoma 253-473-1142

ZENITH SUPPLIES INC

See Ad on Page D12

Supporting a Holistic Lifestyle
6300 Roosevelt Wy NE, Seattle 98115
800-735-7217 206-525-7997

MESSAGE THERAPISTS - SEATTLE

ABINTRA WELLNESS CENTER

See Ad on Page B16 & Coupon Online

Healing through Touch.
Greenlake Neighborhood
www.abintrawellness.com 206-522-9384

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

HEALING MESSAGE STUDIO

See Ad on Page B20

West Seattle and Bellevue Locations
Lynn Lord, LMP 206-935-2620

KULA MOVEMENT

See Ad on Page B12

Center for Yoga & Health
5340 Ballard Ave NW, Seattle 98107
www.kulamovement.com 206-972-2999

METAMORPHOSIS HOLISTIC SPA

See Ad on Page B8

Massage, Skincare, & Wellness Programs
North Seattle Office
seattleholisticspa.com/ 206-547-0420

NORTHWEST ACADEMY FOR THE HEALING ARTS

See Ad on Page 15

2707 California Ave SW, #201, Seattle
nw-academy.com 206-932-5950

ANN PROCTOR, RT, LMP

See Ad on Page B20 & Coupon Online

CranioSacral • Aromatherapy
Massage • Energy Bal • Myofascial Release
Des Moines 206-878-6940

QUEEN ANNE NATURAL HEALTH

See Ad on Page B24

Jessica Auckly, EAMP, MSAOM
600 W. McGraw, Ste #1, Seattle
queenannennaturalhealth.com 206-282-5386

URBAN FLOAT

See Ad on Page B15

Renew. Refresh. Revive
3420 Fremont Ave N, Seattle
www.urbanfloat.com 206-257-4333

MESSAGE THERAPISTS - EASTSIDE

BELLEVUE CENTER FOR HEALTH

See Ad on Page B19

Voted Best of Bellevue Chiropractor '11 & '12
1260 - 116th Ave NE, Ste 100, Bellevue
www.mycbch.com 425-957-0761

EASTSIDE MESSAGE CLINIC

See Ad on Page B13

Massage • Acupuncture • Naturopathy
13555 Bel-Red Road, Suite 205, Bellevue
EastsideMessageClinic.com 425-455-2320

GODDESS SANCTUARY SPA & HEALING CENTER

See Ad on Page B27

Detox, Relax, & Restore Your Whole Being
goddesssanctuaryspa.com 425-825-8306

HEALING MESSAGE STUDIO

See Ad on Page B20

West Seattle and Bellevue Locations
Lynn Lord, LMP 206-935-2620

MISHA NOONAN, ROLFER

See Ad on Page B24

Certified & Advanced - Since 1995
1611 116th Ave NE Ste 109, Bellevue
www.mishanoonan.com 425-424-9349

CHERYL ROOT, LMP, CCST

Massage • Acupressure • CranioSacral
www.seattlepalmmangementsspecialist.com
517 Kirkland Way, Kirkland 425-889-8722

WELLNESSONE

See Ad on Page 11

Bellevue: www.bv.wellnessone.net
Eastgate: www.eastgate.wellnessone.net
Steven Thain, DC 866-499-7509

MESSAGE THERAPISTS - N. KING & S. SNOHOMISH

HEALTHFUL TOUCH

See Ad on Page B16

Massage, Reiki, CranioSacral Therapy,
Bowen Work • 22726 - 44th Ave W, Ste. A
Mountlake Terrace 98043 425-697-3673

JILL M. PATTEN, LMP

See Ad on Page B18

Swedish, Shiatsu, Prenatal, Deep Tissue
23700 Edmonds Wy @ New Health Med
206-228-0918 425-775-6001

TOUCHED BY AN ANGEL MESSAGE & SPA

See Ad on Page B23

Dr. Jodi L Berg, ND, LAc, LMP, RDE
www.drjodi.com 425-258-2325

MESSAGE THERAPISTS - S. KING & N. PIERCE

CENTER FOR ADVANCED DENTAL MEDICINE

See Ad on Page 5

Blending Technology & Artistry
www.centerforadvanceddental.net
Federal Way, 98003 253-941-8000

NATURAL HEALTH CENTER

See Ad on Page 11

Integrative and Natural Health Practitioners
33650 6th Ave S, Ste 100, Federal Way
naturalhealthcenterwa.com 253-942-3316

ANN PROCTOR, RT, LMP

See Ad on Page B20 & Coupon Online

CranioSacral • Aromatherapy
Massage • Energy Bal • Myofascial Release
Des Moines 206-878-6940

MASSAGE THERAPISTS - TACOMA, OLYMPIA

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page B25

http://alexandarschoolofnathomestead.com/
4026 Pacific Av Tacoma 253-473-1142

MEN'S HEALTH

FREE SPIRIT WEIGHT RELEASE

See Ad on Page B24

Want to be slim & healthy in mind & body?
No exercise! - No counting calories!
freespiritweightrelease.com 206-459-5884

NIA SEATTLE

See Ad on Page B12

Have Fun. Get Fit. Get Loose.
Workshops and Classes Near You.
www.niasseattle.com 425-985-8653

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHNP
5224 Wilson Ave. S, Ste 202, Seattle
seattlehomeopathy.com 206-721-5121

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com 360-568-2686

MIDWIFERY

(See Also Pregnancy Services; &
Childbirth Education in Sect D)

THE BIRTHING INN

See Ad on Page B10

Home Environment • Water Birth • Tacoma
Lic. by WA State • 24 hr Physician Backup
www.thebirthinginn.com 253-761-8939

SACRED LIGHT BIRTH SERVICES

See Ad on Page B10

Birth & Postpartum Doula • Parenting Classes
Placenta Encapsulation • Birth Photography.
Marquita Straus 206-486-2936

SEATTLE NATUROPATHY ACUPUNCTURE & BIRTH CENTER

See Ad on Page B17 & Coupon Online

2705 E. Madison, Seattle, WA 98112
www.snabc.com 206-328-7929

NATUROPATHIC MEDICINE

MARINA ABRAMS, MD, ND, MSAOM

See Ad on Page 6 & Coupon Online

BIO-IDENTICAL HORMONE EXPERT
Science-Based Natural & Medical Therapies
Personalized Healing 206-283-1383

ADVANCED HOLISTIC HEALTH

See Ad on Page B18

Seattle and Issaquah locations
www.advancedholistichealth.org
888-508-5428 425-243-2441

BASTYR CENTER FOR NATURAL HEALTH

See Ad on Page B19

The Northwest's Largest Natural Health Clinic
visit us: Health.BastryCenter.info
3670 Stone Way N, Seattle 206-834-4100

BELLINGHAM GLUTEN INFO GROUP

See Ad on Page C12

www.Glutenfreeway.info
Info@glutenfreeway.info 360-734-4989

CASCADE NATURAL MEDICINE

See Ad on Page B4

Specializing in Pediatrics & Women's Health
12911 120th Ave NE, Ste E-50, Kirkland
Dr. Candace Aasan 425-820-7700

EASTSIDE MASSAGE CLINIC

See Ad on Page B13

Massage • Acupuncture • Naturopathy
13555 Bel-Red Road, Suite 205, Bellevue
EastsideMassageClinic.com 425-455-2320

THE EMERALD CENTER FOR INTEGRATIVE MEDICINE

See Ad on Page B4

Teresa Goldsmith, ND
9730 Third Avenue N.E., Ste 202, Seattle
theemeraldcenter.com 206-525-5576

EVERGREEN INTEGRATIVE MEDICINE

See Ad on Page B4

Naturopathy, Acupuncture, & Women's Health
11520 NE 20th St, Bellevue WA 98004
www.eimed.com 425-999-4503

HEALTHPOINT

See Ad on Page 8

Renton | SeaTac | Auburn | Tukwila | Midway
Federal Way | Redmond | Bothell | Kent
Your Community Health Center

INTEGRATIVE FAMILY NATURAL HEALTH CLINIC

See Ad on Page B9

Dr. Jodi L. Berg, ND, LAc, LMP
3903 Colby Ave., Everett 425-258-2325

**SHERRY J.A. KERCHNER, ND
THERAPEUTIC BODYWORK**
Individualized Health & Wellness Care
2366 Eastlake Av E, Ste 223, Seattle
Ahealthrenaissance.com 206-323-7864

KULA MOVEMENT

See Ad on Page B12

Center for Yoga & Health
5340 Ballard Ave NW, Seattle 98107
www.kulamovement.com 206-972-2999

DR. LUCINDA MESSER, ND

See Ad on Page B7

Pacific Health Restoration Center
1617 Market Street, Kirkland 98033
www.drucinda.com 425-827-9770

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drurhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

SEATTLE CANCER TREATMENT AND WELLNESS CENTER

See Ad on Page 10

900 SW 16th Street, Ste 100, Renton
seattlecancerwellness.com 206-367-4673

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHNP
5224 Wilson Ave. S, Ste 202, Seattle 98118
seattlehomeopathy.com 206-721-5121

SEATTLE NATURAL HEALTH

See Ad on Page B4

12345 Roosevelt Way NE, #101, Seattle
David Ramaley, ND, DC, DACNB
Laurie McQuiga, DC, DACNB 206-306-7797

SEATTLE NATUROPATHY ACUPUNCTURE & BIRTH CENTER

See Ad on Page B17 & Coupon Online

2705 E. Madison, Seattle, WA 98112
www.snabc.com 206-328-7929

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com 360-568-2686

www.naturalchoice.net:

your portal to a sustainable future

TAHOMA CLINIC & DISPENSARY

See Ad on Page B20

www.tahomaclic.com
801 SW 16th Street, Renton, 98055
425-264-0059 **425-264-0051**

NEUROFEEDBACK

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle **206-547-3387**

NEUROMUSCULAR THERAPY

BOWENWORK

See Ad on Page B7

Bowenwork is a gentle neuromuscular therapy that evokes deep relaxation and that renews the body's capacity for healing. Please see ad for a practitioner near you.

MITCHELL MARDER, DDS

See Ad on Page B24

Sensitive Biological Dental Care
9730 3rd Ave NE, Ste 205
Seattle, 98115 **206-367-6453**

SOMA INSTITUTE OF NEUROMUSCULAR INTEGRATION*

See Ad on Page 14

6mo program transforming the relationship to self, others, & the environment
soma-institute.org **360-829-1025**

NURSING - HOLISTIC

HEALING TOUCH WASHINGTON STATE

See Ad on Page B16

www.healingtouchwashingtonstate.net
Energy Healing Practitioners & Classes in
Seattle, Tacoma & Olympia

NUTRITION CONSULTANTS

MARINA ABRAMS, MD, ND, MSAOM

See Ad on Page 6 &  Coupon Online

BIO-IDENTICAL HORMONE EXPERT
Science-Based Natural & Medical Therapies
Personalized Healing **206-283-1383**

TERI ADOLFO, LAC

See Ad on Page B17

Acupuncture & Ayurvedic Medicine
9730 Third Ave NE Suite 202, Seattle
www.actiontohealth.com **206-525-5576**

AWARE EATING

See Ad on Page B6

Stop Over Eating. Hypnotherapy. Free Consult
Life Coaching for Women.
www.awareeating.com **206-789-1764**

BASTYR CENTER FOR NATURAL HEALTH

See Ad on Page B19

The Northwest's Largest Natural Health Clinic
visit us: Health.BastyrCenter.info
3670 Stone Way N, Seattle **206-834-4100**

BELLINGHAM GLUTEN INFO GROUP

See Ad on Page C12

www.Glutenfreeway.info
Info@glutenfreeway.info **360-734-4989**

FREE SPIRIT WEIGHT RELEASE

See Ad on Page B24

Want to be slim & healthy in mind & body?
No exercisel - No counting calories!
freespiritweightrelease.com **206-459-5884**

HEALTHPOINT

See Ad on Page 8

Renton | SeaTac | Auburn | Tukwila | Midway
Federal Way | Redmond | Bothell | Kent
Your Community Health Center*

INTEGRATIVE FAMILY NATURAL HEALTH CLINIC

See Ad on Page B9

Dr Jodi L Berg, ND, LAC, LMP
3903 Colby Ave., Everett **425-258-2325**

IRIDOLOGY & SCLEROSIS

See Ad on Page B3

Your health is revealed via your iris
Edmonds, Seattle, and Olympia locations
Nancy Seals **360-556-3556/360-705-4465**

KULA MOVEMENT

See Ad on Page B12

Center for Yoga & Health
5340 Ballard Ave NW, Seattle 98107
www.kulamovement.com **206-972-2999**

METAMORPHOSIS HOLISTIC SPA

See Ad on Page B8

Massage, Skincare, & Wellness Programs
North Seattle Office
seattleholisticspa.com **206-547-0420**

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.druhland.com • www.firestationclinic.org
John Ruhland ND - Hyperbaric Therapy; Ozon
4002 25th Ave S, Seattle **206-723-4891**

SEATTLE CANCER TREATMENT AND WELLNESS CENTER

See Ad on Page 10

900 SW 16th Street, Ste 100, Renton
seattlecancerwellness.com **206-367-4673**

TAHOMA CLINIC & DISPENSARY

See Ad on Page B20

www.tahomaclic.com
801 SW 16th Street, Renton, 98055
425-264-0059 **425-264-0051**

VEGETARIANS OF WASHINGTON

See Ad on Page C10

Vegfest: March at the Seattle Center
Monthly Dinners, Cooking Classes & More
www.vegofwa.org **206-706-2635**

OPTOMETRY & VISION CARE

DR. KATHLEEN M. KINNEY

See Ad on Page B3

Exams • Lenses • Vision Therapy
1511 Third Ave, Ste 411, Seattle 98101
drkathleenkinney.com **206-624-0737**

OPTICS ONE, INC

See Ad on Page B3

Dr. Joanne Furukawa • Optometrist
601 S. Grady Wy, Suite Q
Renton 98057 **425-227-8888**

SAMMAMISH VISION CENTER

See Ad on Page B3

www.sammamishvision.com
Guiding you to Better Vision
Amy L. Riskedahl, O.D. **425-391-1116**

ORTHOPEDIC MEDICINE

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com **360-336-0123**

DAVID MUSNICK, MD

See Ad on Page B11

Internal, Sports & Functional Medicine
1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com **425-462-7325**

OXYGEN THERAPIES

DR. LUCINDA MESSER, ND

See Ad on Page B7

Pacific Health Restoration Center
1617 Market Street, Kirkland 98033
www.drlicinda.com **425-827-9770**

OXYGEN (CONT.)**NATURAL HEALTH MEDICAL CLINIC***See Ad on Page B4*

www.drruhland.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozone
4002 25th Ave S, Seattle 206-723-4891

NEW LEAF HYPERBARICS*See Ad on Page B3 & Coupon Online*

2115 S. 56th St, Ste 205, Tacoma
NewLeafHBT.com 800-689-1254

PURE O2 HEALING*See Ad on Page 13*

Hyperbaric Oxygen Therapy: pureo2healing.com
Maple Valley Clinic 425-413-1418
Buckley Clinic 253-397-0263

PAIN MANAGEMENT & INJURY TREATMENT**ACUPUNCTURE ASSOCIATES***See Ad on Page B15*

NATURAL HEALING CENTER
Jyun Shimizu, DAC, LAC, EAMP
www.acu-associates.com 877-901-CURE

ADAMSON CHIROPRACTIC*See Ad on Page 6*

Specialize in ACTIVE RELEASE TECHNIQUE
4631 Whitman Lane SE, Lacey 98513
chiropractorolympiawa.com 360-923-1717

ADVANCED HOLISTIC HEALTH*See Ad on Page A18*

Seattle and Issaquah locations
www.advancedholistichealth.org
888-508-5428 425-243-2441

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS*See Ad on Page B25*

http://alexandarschoolofnatu.homestead.com/
4026 Pacific Av Tacoma 253-473-1142

BASTYR CENTER FOR NATURAL HEALTH*See Ad on Page B19*

The Northwest's Largest Natural Health Clinic
visit us: Health.BastyCenter.info
3670 Stone Way N, Seattle 206-834-4100

BELLEVUE CENTER FOR HEALTH*See Ad on Page B19*

Voted Best of Bellevue Chiropractor '11 & '12
1260 - 116th Ave NE, Ste 100, Bellevue
www.mybcfh.com 425-957-0761

BOWENWORK*See Ad on Page B7*

Bowenwork is a gentle neuromuscular
therapy that evokes deep relaxation and
that renews the body's capacity for healing
Please see ad for a practitioner near you.

CENTER FOR NETWORK CARE*See Ad on Page 7*

Chiropractic Care • Dr. Dick Shepard, DC
8301 8th Ave. NW, Seattle
www.networkcare.org 206-525-4155

DR. TERESA TELI CHEN, LAC, OMD*See Ad on Page B24*

Health Tune Up • Pain • Stress
Weight Loss • Allergy • Insurance Accepted
12501 Bel-Red Rd, Ste 110 206-818-8012

EASTSIDE MESSAGE CLINIC*See Ad on Page B13*

Massage • Acupuncture • Naturopathy
13555 Bel-Red Road, Suite 205, Bellevue
EastsideMassageClinic.com 425-455-2320

NANCY HALLER*See Ad on Page B18*

Guild Certified Feldenkrais Practitioner, MA
256 SW 43rd Street Renton 98057
www.nancyhaller.com 425-282-0406

JEN GARDEN ACUPUNCTURE*See Ad on Page B17*

Evening/Saturday hours. Insurance Accepted
4500 9th Ave NE Ste 300, Seattle 98105
www.jengarden.com 206-817-1927

MARIAN JOHNSTON, MD, FABMS*See Ad on Page B11*

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

SHERRY J.A. KERCHNER, ND THERAPEUTIC BODYWORK

Individualized Health & Wellness Care
2366 Eastlake Av E, Ste 223, Seattle 98102
Ahealthrenaissance.com 206-323-7864

MITCHELL MARDER, DDS*See Ad on Page B24*

Sensitive Biological Dental Care
9730 3rd Ave NE, Ste 205
Seattle, 98115 206-367-6453

DAVID MUSNICK, MD*See Ad on Page B11*

Internal, Sports & Functional Medicine
1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com 425-462-7325

NEW HEALTH MEDICAL CENTER*See Ad on Page B6*

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

MISHA NOONAN, ROLFER*See Ad on Page B24*

Certified & Advanced - Since 1995
1611 116th Ave NE Ste 109, Bellevue
www.mishanoonan.com 425-424-9349

NORTHWEST REIKI CENTER*See Ad on Page B19*

Reiki Classes, Master Training, Circle
4205 148th Ave NE, Bellevue 98007
www.nwreikicenter.org 425-736-6980

O'MALLEY & POTTER*See Ad on Page B22*

"FEEL-GOOD" PRODUCTS™
23716 8th Ave SE Suite A, Bothell 98021
feelgoodproducts.com 425-485-6260

PURE O2 HEALING*See Ad on Page 13*

Hyperbaric Oxygen Therapy: pureo2healing.com
Maple Valley Clinic 425-413-1418
Buckley Clinic 253-397-0263

QUEEN ANNE NATURAL HEALTH*See Ad on Page B24*

Jessica Auckly, EAMP, MSAOM
600 W. McGraw, Ste #1, Seattle
queenannennaturalhealth.com 206-282-5386

SANDY SCHNEIDER*See Ad on Page B25*

Cert. Adv. Rolfer™, Rolf Movement® Pract.
607 SW Grady Way Ste 130, Renton
www.evergreen-rolfing.com 425-255-8800

SEATTLE HOMEOPATHY*See Ad on Page B19*

Dr. Jennifer White, ND, CCH/DHNP
5224 Wilson Ave. S, Ste 202, Seattle 98118
seattlehomeopathy.com 206-721-5121

SEATTLE NATURAL HEALTH*See Ad on Page B4*

12345 Roosevelt Way NE, #101, Seattle
David Ramaley, ND, DC, DACNB
Laurie McQuaig, DC, DACNB 206-306-7797

CHRISTINE UPCHURCH, M.S.*See Ad on Page 4*

Director, Stellar Reflections Healing Center
Co-Founder, Orion Network for Evolution™
christine@cuhealing.com 425-999-9836

WELLNESSONE

See Ad on Page 11

Bellevue: www.bv.wellnessone.net
Eastgate: www.eastgate.wellnessone.net
Steven Thain, DC 866-499-7509

PEDIATRIC MEDICINE

CASCADE NATURAL MEDICINE

See Ad on Page B4

Specializing In Pediatrics & Women's Health
12911 120th Ave NE, Ste E-50, Kirkland
Dr. Candace Aasan 425-820-7700

INTEGRATIVE FAMILY NATURAL HEALTH CLINIC

See Ad on Page B9

Dr. Jodi L. Berg, ND, LAC, LMP
3903 Colby Ave., Everett 425-258-2325

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHAMP
5224 Wilson Ave. S, Ste 202, Seattle
seattlehomeopathy.com 206-721-5121

SEATTLE NATUROPATHY ACUPUNCTURE & BIRTH CENTER

See Ad on Page B17 & Coupon Online

2705 E. Madison, Seattle, WA 98112
www.snabc.com 206-328-7929

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com 360-568-2686

PHYSICAL & OCCUPATIONAL THERAPY

ADAMSON CHIROPRACTIC

See Ad on Page 6

Specialize in ACTIVE RELEASE TECHNIQUE
4631 Whitman Lane SE, Lacey 98513
chiropractorolympiawa.com 360-923-1717

BRIDGET BOYLAN, PT, LAC

See Ad on Page B13

Holistic Health for the Body Mind & Spirit
www.5eacupunctureand.com
Everett & Bellingham 425-876-2255

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

KAY LAKEY PHYSICAL THERAPY

See Ad on Page B13

Holistic Physical Therapy • CranioSacral
Reiki • Visceral Mobilization • MFR
9500 Roosevelt Wy NE Sea 206-523-7086

MOVEMENT FROM WITHIN

See Ad on Page B12

Carrie Lafferty: PT • Feldenkrais • Qi Gong
feldenkraisteachersinseattle.com
movementfromwithin.net 206-459-1773

NATURAL HEALTH CENTER

See Ad on Page 11

Integrative and Natural Health Practitioners
33650 6th Ave S, Ste 100, Federal Way
naturalhealthcenterwa.com 253-942-3316

JANAKI ROSE, OTR/L

See Ad on Page B25

Hellerwork Deep Tissue • RSI & Injury
Emotional Awareness • Lymph Drainage
Seattle/Monroe 206-528-5350

PHYSICIANS - HOLISTIC MD'S, DO'S, & PA-C'S

ADVANCED HOLISTIC HEALTH

See Ad on Page A18

Seattle and Issaquah locations
www.advancedholistichealth.org
888-508-5428 425-243-2441

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

DAVID MUSNICK, MD

See Ad on Page B11

Internal, Sports & Functional Medicine
1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com 425-462-7325

TAHOMA CLINIC & DISPENSARY

See Ad on Page B20

www.tahomaclinic.com
801 SW 16th Street, Renton, 98055
425-264-0059 425-264-0051

PREGNANCY SERVICES

(See Also Midwifery)

NANCY E. ALLIN, CC, CHT

See Ad on Page D6

Certified Counselor • Life Coach
Clinical Hypnotherapist • Doula
www.BirthYourDreams.com 425-827-9498

BABY DIAPER SERVICE

See Ad on Page A3

Add Cloth Diapers to Your Green Lifestyle
It is easy and affordable.
www.babydiaperservice.net 800-562-2229

THE BIRTHING INN

See Ad on Page B10

Home Environment • Water Birth • Tacoma
Lic. by WA State • 24 hr Physician Backup
www.thebirthinginn.com 253-761-8939

DOULAVILLE

See Ad on Page B10

Puget Sound Doula's. Classes & Workshops.
Support through pregnancy, birth & postpartum
www.seattle.doulaville.com 206-388-2901

SACRED LIGHT BIRTH SERVICES

See Ad on Page B10

Birth & Postpartum Doula • Parenting Classes
Placenta Encapsulation • Birth Photography.
Marquita Straus 206-486-2396

PROLOTHERAPY

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

DAVID MUSNICK, MD

See Ad on Page B11

Internal, Sports & Functional Medicine
1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com 425-462-7325

QI GONG & TAI CHI

ANCIENT ARTS VETERINARY ACUPUNCTURE

See Ad on Page B21

Holistic Medicine & Healing Art
All Creatures Great & Small Welcome
www.ancientartsvet.com 206-547-1025

EMBRACE THE MOON

See Ad on Page B12

School for Taijiquan and Qigong
1716 NW Market St, Seattle
embracethemoon.com 206-789-0993

EMERALD FENG SHUI INSTITUTE

See Ad on Page A7

Feng Shui Consultations & Prof. Training
Creating Spaces for Abundance & Health
www.creativefengshui.com 206-526-0513

QI GONG & TAI CHI (CONT.)**MOVEMENT FROM WITHIN***See Ad on Page B12*

Carrie Lafferty: PT • Feldenkrais • Qi Gong
feldenkraisteachersinseattle.com
movementfromwithin.net 206-459-1773

TOM SEAL, D.D.S.*See Ad on Inside Back Cover*

9750 NE 120th Pl, Suite 1, Kirkland 98034
www.drtonseal.com 425-823-9000

RECONNECTIVE HEALING**BUTTERFLY BALANCE WELLNESS CENTER***See Ad on Page B22*

Health Kinesiology & Reconnective Healing
Sue Mariconda • 3515 SW Alaska St, Seattle
ButterflyBalance.com 206-755-9900

HEALING LIGHTS UNLIMITED*See Ad on Page D5*

Available for House Calls! ... by Pany Taylor
healinglightsunl.com • Pany315@msn.com
425-814-4854 206-450-2477

CHRISTINE UPCHURCH, M.S.*See Ad on Page 4*

Director, Stellar Reflections Healing Center
Co-Founder, Orion Network for Evolution™
christine@cuhealing.com 425-999-9836

REFLEXOLOGY**OPTIMAL-SELF NATURAL HEALTH***See Ad on Page B22 & Coupon Online*

Kay Morris-Johnson, Master Reflexologist
Reiki Master, & Reference Point Practitioner
www.optimal-self.com 253-217-6159

TOUCHED BY AN ANGEL MASSAGE & SPA*See Ad on Page B23*

Dr. Jodi L Berg, ND, LAC, LMP, RDE
www.drjodi.com 425-258-2325

REIKI**ANCIENT ARTS VETERINARY****ACUPUNCTURE***See Ad on Page B21*

Holistic Medicine & Healing Art
All Creatures Great & Small Wellcome
www.ancientartsvet.com 206-547-1025

BODHICITTA HEALING CENTER*See Ad on Page B17*

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

HEALING MASSAGE STUDIO*See Ad on Page B20*

West Seattle and Bellevue Locations
Lynn Lord, LMP 206-935-2620

HEALTHFUL TOUCH*See Ad on Page B16*

Massage, Reiki, CranioSacral Therapy,
Bowen Work • 22726 - 44th Ave W, Ste. A
Mountlake Terrace 98043 425-697-3673

JEN GARDEN ACUPUNCTURE*See Ad on Page B17*

Evening/Saturday hours. Insurance Accepted
4500 9th Ave NE Ste 300, Seattle 98105
www.jengarden.com 206-817-1927

KAY LAKEY PHYSICAL THERAPY*See Ad on Page B13*

Holistic Physical Therapy • CranioSacral
Reiki • Visceral Mobilization • MFR
9500 Roosevelt Wy NE Sea 206-523-7086

POLLY KLEIN*See Ad on Page B21*

Animal Communication & Reiki Practitioner
www.tonglenhealingarts.com
Issaquah 425-427-8028

NORTHWEST REIKI CENTER*See Ad on Page B19*

Reiki Classes, Master Training, Circle
4205 148th Ave NE, Bellevue 98007
www.nwreikicenter.org 425-736-6980

THERESA NUCCIO, LICSW, LMP*See Ad on Page D9*

Psychotherapy • EMDR • Reiki
Individuals & Couples • in Seattle
www.TheresaNuccio.net 206-324-5616

OPTIMAL-SELF NATURAL HEALTH*See Ad on Page B22 & Coupon Online*

Kay Morris-Johnson, Master Reflexologist
Reiki Master, & Reference Point Practitioner
www.optimal-self.com 253-217-6159

REIKI OASIS • LORETTA BROWN*See Ad on Page D8*

The place to quench your spiritual thirst!
2050 112th Ave NE, Ste 220, Bellevue
www.ReikiOasis.com 425-985-9513

TOUCHED BY AN ANGEL MASSAGE & SPA*See Ad on Page B23*

Dr. Jodi L Berg, ND, LAC, LMP, RDE
www.drjodi.com 425-258-2325

UNITY HOUSE CNTR - TANA ROSE HAMITER*See Ad on Page D5*

Shaman • Reiki/Karuna Master/Teacher
Workshops of Self Discovery • Trading Post
unityhousecenter.com 360-708-6916

VISION QUEST BOOKSTORE & WELLNESS CENTER*See Ad on Page D4*

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1591

ROLFING®**STEPHEN EVANKO, PHD***Certified Advanced Rolfier*

Evening & Weekend Appts. Available
11524 15th Ave NE, Ste B, Seattle 98125
www.rolfingseattle.com 206-368-4352

MISHA NOONAN, ROLFER*See Ad on Page B24*

Certified & Advanced - Since 1995
1611 116th Ave NE Ste 109, Bellevue
www.mishanoonan.com 425-424-9349

RAIN CITY ROLFING®*See Ad on Page B24*

ALLAN KAPLAN, Certified Advanced Rolfier
2207 NE 65th St, Suite 202, Seattle
www.allankaplan.net 206-729-6314

SANDY SCHNEIDER*See Ad on Page B25*

Cert. Adv. Rolfier™, Rolf Movement® Pract.
607 SW Grady Way Ste 130, Renton
www.evergreen-rolfing.com 425-255-8800

SHEN THERAPY**KIM LANEY LMP CSP***See Ad on Page B25*

SHEN® Physio-Emotional Therapy
Acutonics
www.acu-shen.com 206-920-7436

SHIATSU**BODY CONSCIOUS, P.S.***See Ad on Page B22*

Visit us at: www.bodyconscious.biz
6300 - 9th Ave NE, Suite 101
Seattle 98115 206-849-4345

JILL M. PATTEN, LMP

See Ad on Page B18

Swedish, Shiatsu, Prenatal, Deep Tissue
23700 Edmonds Wy @ New Health Med
206-228-0918 **425-775-6001**

SKIN CARE SERVICES

(See Also Facials)

NATIVE SPRINGS SPA BOUTIQUE

See Ad on Page B8

125 E. Washington Street, LaConner
Detox your skin & body. Rebalance & refresh.
www.nativesprings.com **360-708-8313**

POMPEO'S HAIR SALON

See Ad on Page A3

5903 244th St SW, #A, Mountlake Terrace
Jeanette Pompeo, Stylist **425-774-6700**

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com **360-568-2686**

GLENN SOJA, LAC, EAMP, OM

See Ad on Page B15

Mitchell Center for Natural Healing
Beautiful Healthy Skin, Naturally!
www.mitchell-center.com **206-284-6040**

SKIN CARE PRODUCTS

THE GRAINERY INC.

See Ad on Page C5

13629 - 1st Ave. S.
Burien 98168 **206-244-5015**

GRANOLA'S

Your Neighborhood Natural Market
Enjoy Life! Live Naturally!
www.granolas.com **800-270-6421**

NATIVE SPRINGS SPA BOUTIQUE

See Ad on Page B8

125 E. Washington Street, LaConner
Detox your skin & body. Rebalance & refresh.
www.nativesprings.com **360-708-8313**

POMPEO'S HAIR SALON

See Ad on Page A3

5903 244th St SW, #A, Mountlake Terrace
Jeanette Pompeo, Stylist **425-774-6700**

RODAN+FIELDS DERMATOLOGISTS

See Ad on Page B13

In home "spa quality" treatment
Changing skin and changing lives
lindakosin.myrandf.com **425-466-6945**

SONG CROFT NATURALS

See Ad on Page B10

Body, Skin, Hair Care & Herbal Products
Truly Natural. Truly Safe.
www.songcroftnaturals.com **425-770-1700**

UNIQUELY NATURAL

See Ad on Page A3

Chemical Free * Safe Products * Hair Salon
5903 244th St. SW, #C, Mountlake Terrace
www.uniquely-natural.com **425-774-6078**

SLEEP MEDICINE

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHANP
5224 Wilson Ave. S, Ste 202, Seattle 98118
seattlehomeopathy.com **206-721-5121**

SOAP & SOAP MAKING SUPPLIES

NATIVE SPRINGS SPA BOUTIQUE

See Ad on Page B8

125 E. Washington Street, LaConner
Detox your skin & body. Rebalance & refresh.
www.nativesprings.com **360-708-8313**

ZENITH SUPPLIES INC

See Ad on Page D12

Supporting a Holistic Lifestyle
6300 Roosevelt Wy NE, Seattle 98115
800-735-7217 **206-525-7997**

SPORTS MEDICINE

ADAMSON CHIROPRACTIC

See Ad on Page 6

Specialize in ACTIVE RELEASE TECHNIQUE
4631 Whitman Lane SE, Lacey 98513
chiropractorlympiawa.com **360-923-1717**

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com **360-336-0123**

DAVID MUSNICK, MD

See Ad on Page B11

Internal, Sports & Functional Medicine
1300 - 114th Ave SE, Ste 105, Bellevue
www.peakmedicine.com **425-462-7325**

NATURAL HEALTH MEDICAL CLINIC

See Ad on Page B4

www.drhuhand.com • www.firestationclinic.org
John Ruhland ND • Hyperbaric Therapy; Ozon
4002 25th Ave S, Seattle **206-723-4891**

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com **425-775-6001**

STRUCTURAL INTEGRATION

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page 5

www.alexandarmassageschool.com
4026 Pacific Av Tacoma **253-473-1142**

ANITA BOSER HELLERWORK

See Ad on Page B25

Restoring Alignment, Agility & Awareness
www.anitahellerworker.com
Issaquah Office **425-765-2713**

BODY CONSCIOUS, P.S.

See Ad on Page B22

Visit us at: www.bodyconscious.biz
6300 - 9th Ave NE, Suite 101
Seattle 98115 **206-849-4345**

RAIN CITY ROLFING®

See Ad on Page B24

ALLAN KAPLAN, Certified Advanced Rolfer
2207 NE 65th St, Suite 202, Seattle
www.allankaplan.net **206-729-6314**

SANDY SCHNEIDER

See Ad on Page B25

Cert. Adv. Rolfer™, Rolf Movement® Pract.
607 SW Grady Way Ste 130, Renton
www.evergreen-rolfing.com **425-255-8800**

SOMA INSTITUTE OF NEUROMUSCULAR INTEGRATION®

See Ad on Page 14

6mo program transforming the relationship
to self, others, & the environment
soma-institute.org **360-829-1025**

TESTING & HEALTH SCREENING

MARINA ABRAMS, MD, ND, MSAOM

See Ad on Page 6 & Coupon Online

BIO-IDENTICAL HORMONE EXPERT
Science-Based Natural & Medical Therapies
Personalized Healing **206-283-1383**

IRIDODOLOGY & SCLERODOLOGY

See Ad on Page B3

Your health is revealed via your iris
Edmonds, Seattle, and Olympia locations
Nancy Seals **360-556-3556/360-705-4465**

TESTING (CONT.)**MARIAN JOHNSTON, MD, FABMS***See Ad on Page B11*

North Sound Center for Integrative Medicine
 "When Quality of Life Matters"
 nwintegrativephysicians.com 360-336-0123

TAHOMA CLINIC & DISPENSARY*See Ad on Page B20*

www.tahomaclinic.com
 801 SW 16th Street, Renton, 98055
 425-264-0059 425-264-0051

YARDLEY INSTITUTE*See Ad on Page B19*

Lee Yardley, DC
 26238 Pacific Hwy S, Kent 98032
 www.yardleyinstitute.org 253-529-1100

THERMOGRAPHY**SNOHOMISH NATUROPATHIC CLINIC***See Ad on Page 3*

1101 Ave D Ste D103, Snohomish WA
 snohomishnaturopathic.com 360-568-2686

TAHOMA CLINIC & DISPENSARY*See Ad on Page B20*

www.tahomaclinic.com
 801 SW 16th Street, Renton, 98055
 425-264-0059 425-264-0051

TRAGER**ABINTRA WELLNESS CENTER***See Ad on Page B16 & Coupon Online*

Healing through Touch.
 Greenlake Neighborhood
 www.abintrawellness.com 206-522-9384

VETERINARY SERVICES*(See Also Animal Services)***ANCIENT ARTS VETERINARY****ACUPUNCTURE***See Ad on Page B21*

Holistic Medicine & Healing Art
 All Creatures Great & Small Welcome
 www.ancientartsvet.com 206-547-1025

DRS TEJINDER SODHI & VANESSA RUCKER*See Ad on Page B21 & Coupon Online*

www.holistic-pet-care.com
 2115 112th Ave NE #100 Blv 425-455-8900
 19503 56th Av W Lynnwood 425-771-6300

DOUGLAS R. YEARTOUT, DVM*See Ad on Page B21*

All Animal & Bird Veterinary Hospital
 9004 Vernon Rd. Everett 98258
 www.holisticanimaldoc.com 425-334-8171

VISCERAL MANIPULATION**CAROL KAKOCZY, LMP, CST***See Ad on Page B25*

545 Rainier Blvd #9, Issaquah 425-802-2826

KAY LAKEY PHYSICAL THERAPY*See Ad on Page B13*

Holistic Physical Therapy • CranioSacral
 Reiki • Visceral Mobilization • MFR
 9500 Roosevelt Wy NE Sea 206-523-7086

RAIN CITY ROLFING®*See Ad on Page B24*

ALLAN KAPLAN, Certified Advanced Rolfer
 2207 NE 65th St, Suite 202, Seattle
 www.allankaplan.net 206-729-6314

WEIGHT MANAGEMENT**MARINA ABRAMS, MD, ND, MSAOM***See Ad on Page 6 & Coupon Online*

BIO-IDENTICAL HORMONE EXPERT
 Science-Based Natural & Medical Therapies
 Personalized Healing 206-283-1383

AWARE EATING*See Ad on Page B6*

Stop Over Eating. Hypnotherapy. Free Consult.
 Life Coaching for Women.
 www.awareeating.com 206-789-1764

DR. TERESA TELI CHEN, LAC, OMD*See Ad on Page B24*

Health Tune Up • Pain • Stress
 Weight Loss • Allergy • Insurance Accepted
 12501 Bel-Red Rd, Ste 110 206-818-8012

FERN LIFE CENTER*See Ad on Page B10*

Keesha Ewers, PhD, ARNP
 410 Newport Way NW, Ste B, Issaquah
 www.fernlifecenter.com 425-391-3376

FREE SPIRIT WEIGHT RELEASE*See Ad on Page B24*

Want to be slim & healthy in mind & body?
 No exercise • No counting calories!
 freespiritweightrelease.com 206-459-5884

MARIAN JOHNSTON, MD, FABMS*See Ad on Page B11*

North Sound Center for Integrative Medicine
 "When Quality of Life Matters"
 nwintegrativephysicians.com 360-336-0123

SUE ELLEN LONGWELL*See Ad on Page D8*

Hypnosis makes it easy!
 2905-A Hewitt Ave, Everett, 98201
 www.sueellenlongwell.net 425-252-5804

DAVID MUSNICK, MD*See Ad on Page B11*

Internal, Sports & Functional Medicine
 1300 - 114th Ave SE, Ste 105, Bellevue
 www.peakmedicine.com 425-462-7325

NEW HEALTH MEDICAL CENTER*See Ad on Page B6*

Hospital Privileges • Insurance Accepted
 23700 Edmonds Way, Edmonds
 www.newhealthmed.com 425-775-6001

SNOHOMISH NATUROPATHIC CLINIC*See Ad on Page 3*

1101 Ave D Ste D103, Snohomish WA
 snohomishnaturopathic.com 360-568-2686

WOMEN'S HEALTH**MARINA ABRAMS, MD, ND, MSAOM***See Ad on Page 6 & Coupon Online*

BIO-IDENTICAL HORMONE EXPERT
 Science-Based Natural & Medical Therapies
 Personalized Healing 206-283-1383

ACUPUNCTURE ASSOCIATES*See Ad on Page B15*

NATURAL HEALING CENTER
 Jyun Shimizu, DAC, LAC, EAMP
 www.acu-associates.com 877-901-CURE

ANITA BOSER HELLERWORK*See Ad on Page B25*

Restoring Alignment, Agility & Awareness
 www.anitahellerworker.com
 Issaquah Office 425-765-2713

ANNAPURNA CENTER FOR SELF HEALING*See Ad on Page B27*

538 Adams, Pt Townsend
 www.annapurna.com 360-385-2909

THE BIRTHING INN*See Ad on Page B10*

Home Environment • Water Birth • Tacoma
 Lic. by WA State • 24 hr Physician Backup
 www.thebirthinginn.com 253-761-8939

BODHICITTA HEALING CENTER*See Ad on Page B17*

Integrative Healthcare with Heart
 www.bodhicittah healingcenter.com
 704 Warren Ave N, Seattle 206-547-3387

BOWENWORK

See Ad on Page B7

Bowenwork is a gentle neuromuscular therapy that evokes deep relaxation and that renews the body's capacity for healing. Please see ad for a practitioner near you.

CASCADE NATURAL MEDICINE

See Ad on Page B4

Specializing in Pediatrics & Women's Health
12911 120th Ave NE, Ste E-50, Kirkland
Dr. Candace Aasan 425-820-7700

DOULAVILLE

See Ad on Page B10

Puget Sound Doulas. Classes & Workshops.
Support through pregnancy, birth & postpartum
www.seattle.doulaville.com 206-388-2901

EVERGREEN INTEGRATIVE MEDICINE

See Ad on Page B4

Naturopathy, Acupuncture, & Women's Health
11520 NE 20th St, Bellevue WA 98004
www.eimed.com 425-999-4503

FREE SPIRIT WEIGHT RELEASE

See Ad on Page B24

Want to be slim & healthy in mind & body?
No exercise - No counting calories!
freespiritweightrelease.com 206-459-5884

INTEGRATIVE FAMILY NATURAL HEALTH CLINIC

See Ad on Page B9

Dr. Jodi L Berg, ND, LAC, LMP
3903 Colby Ave., Everett 425-258-2325

JEN GARDEN ACUPUNCTURE

See Ad on Page B17

Evening/Saturday hours. Insurance Accepted
4500 9th Ave NE Ste 300, Seattle 98105
www.jengarden.com 206-817-1927

MARIAN JOHNSTON, MD, FABMS

See Ad on Page B11

North Sound Center for Integrative Medicine
"When Quality of Life Matters"
nwintegrativephysicians.com 360-336-0123

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

QUEEN ANNE NATURAL HEALTH

See Ad on Page B24

Jessica Auchly, EAMP, MSAOM
600 W. McGraw, Ste #1, Seattle
queenannennaturalhealth.com 206-282-5386

RODAN+FIELDS DERMATOLOGISTS

See Ad on Page B13

In home "spa quality" treatment
Changing skin and changing lives
lindakosin.myrandf.com 425-466-6945

SACRED LIGHT BIRTH SERVICES

See Ad on Page B10

Birth & Postpartum Doula • Parenting Classes
Placenta Encapsulation • Birth Photography.
Marquita Straus 206-486-2936

SEATTLE HOMEOPATHY

See Ad on Page B19

Dr. Jennifer White, ND, CCH/DHNP
5224 Wilson Ave. S, Ste 202, Seattle 98118
seattlehomeopathy.com 206-721-5121

SNOHOMISH NATUROPATHIC CLINIC

See Ad on Page 3

1101 Ave D Ste D103, Snohomish WA
snohomishnaturopathic.com 360-568-2666

WORKSHOPS & CLASSES - NATURAL HEALTH

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page 5

www.alexandarmassageschool.com
4026 Pacific Av Tacoma 253-473-1142

BASTYR UNIV CONTINUING EDUCATION

See Ad on Page D3

Mind-Body-Spirit Seminars & Programs
www.Bastyr.edu/Continuing-Education
14500 Juanita Dr NE, Kenmore 425-602-3152

BELLINGHAM GLUTEN INFO GROUP

See Ad on Page C12

www.Glutenfreeway.info
Info@glutenfreeway.info 360-734-4989

DOULAVILLE

See Ad on Page B10

Puget Sound Doulas. Classes & Workshops.
Support through pregnancy, birth & postpartum
www.seattle.doulaville.com 206-388-2901

EMBRACE THE MOON

See Ad on Page B12

School for Taijiquan and Qigong
1716 NW Market St, Seattle
embracethemoon.com 206-789-0993

FELDENKRAIS TEACHERS IN SEATTLE

See Ad on Page B16

Find Teachers, Classes, and Workshops
www.FeldenkraisTeachersInSeattle.com
"MOVE well, be well"

NATIVE SPRINGS SPA BOUTIQUE

See Ad on Page B8

125 E. Washington Street, LaConner
Detox your skin & body. Rebalance & refresh.
www.nativesprings.com 360-708-8313

NIA SEATTLE

See Ad on Page B12

Have Fun. Get Fit. Get Loose.
Workshops and Classes Near You.
www.niaseattle.com 425-985-8653

NORTHWEST ACADEMY FOR THE HEALING ARTS

See Ad on Page 15

2707 California Ave SW, #201, Seattle
nw-academy.com 206-932-5950

NORTHWEST REIKI CENTER

See Ad on Page B19

Reiki Classes, Master Training, Circle
4205 148th Ave NE, Bellevue 98007
www.nwreikicenter.org 425-736-6980

SACRED LIGHT BIRTH SERVICES

See Ad on Page B10

Birth & Postpartum Doula • Parenting Classes
Placenta Encapsulation • Birth Photography.
Marquita Straus 206-486-2936

SOMA INSTITUTE OF NEUROMUSCULAR INTEGRATION®

See Ad on Page 14

6mo program transforming the relationship
to self, others, & the environment
soma-institute.org 360-829-1025

VEGETARIANS OF WASHINGTON

See Ad on Page C10

Vegfest: March at the Seattle Center
Monthly Dinners, Cooking Classes & More
www.vegofwa.org 206-706-2635

VITAMIN LIFE

See Ad on Page 16

15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

WELLNESSONE

See Ad on Page 11

Bellevue: www.bv.wellnessone.net
Eastgate: www.eastgate.wellnessone.net
Steven Thain, DC 866-499-7509

WUHSING TAO SCHOOL

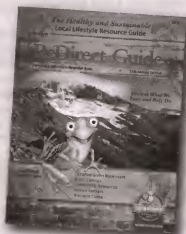
See Ad on Page B18

Five Element Acupuncture School
4000 NE 41st St., Bldg D, Ste 1, Seattle
www.wuhsing.org 206-324-7188

ReDirect Guide



**Your FREE Local Guide
to Green Businesses,
Resources, Events &
Discounts**



PORTLAND

SALT LAKE / PARK CITY

DENVER / BOULDER



www.ReDirectGuide.com

B

Natural Health

Your resource for healthy & sustainable choices in
Eugene/Springfield, Salem, Corvallis & nearby communities.

Natural Choice Directory™

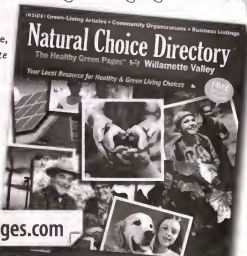
The Healthy Green Pages ☞ Willamette Valley

Calling for Sustainability... Everyday

Independently owned and operated, with a homegrown Oregon difference, *Natural Choice Directory for Willamette Valley* shares the same roots as the publication you have in your hands. We make it easy to find green and natural choices wherever you live, work, play or travel.

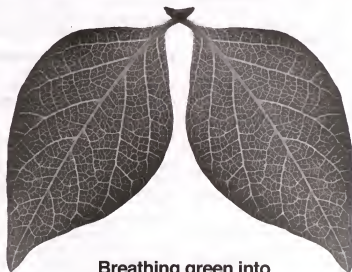
Look for our 2013 edition in early summer. Request a copy at our website:

www.HealthyGreenPages.com



Eugene 541.687.6780 • 866.899.4388

Wellness Directory



**Breathing green into
Kitsap, Jefferson and Clallam counties
since 1998. Now under new ownership.**

Kasiana Friedman & Alexander Martinez • 360-774-2865
kasianawd@gmail.com • www.mywellnessdirectory.com

- C15 **Bakeries & Baked Goods**
- C15 **Catering**
Coffee (See Tea and Coffee, Organic)
- C15 **Cooking Classes**
- C15 **Co-ops - Food**
- C15 **Desserts**
- C15 **Detoxification & Cleansing Products**
(See Also B: Detoxification)
- C15 **Farmers Markets**
- C17 **Farms - Organic / Natural**
- C19 **Food - Takeout &/or Delivery**
Fruits & Veggies (See C: Grocery and Produce)
- C19 **Gluten Free Food**
- C19 **Grocery Stores**
- C20 **Health Foods - Seattle**
- C20 **Health Foods - Eastside**
- C20 **Health Foods - N. King & S. Snohomish**
- C20 **Health Foods - S. King & N. Pierce**
- C20 **Health Foods - Tacoma & Olympia**
- C20 **Health Foods - Mt. Vernon, Bellingham**
Health Foods - Greater Puget Sound
- C20 **Health Foods - Online & Wholesale**
- C21 **Herbs**
- C21 **Homeopathic Remedies**
- C21 **Juice Bars**
- C21 **Meat & Seafood - Natural or Organic**
Personal Chefs
- C21 **Pet Food & Supplies (See also A: Pet Stores)**
- C21 **Pharmacies - Carrying Natural Remedies**
- C21 **Produce - Natural or Organic**
- C22 **Raw Food**
- C22 **Restaurants - Seattle**
- C23 **Restaurants - Eastside**
- C23 **Restaurants - N. King & S. Snohomish**
- C23 **Restaurants - S. King & N. Pierce**
- C23 **Restaurants - Tacoma & Olympia**
- C23 **Restaurants - Mt. Vernon, Bellingham**
- C23 **Restaurants - Greater Puget Sound**
Salad Bars
Sports Nutrition Products
- C23 **Supplements (See also C: Herbs or Vitamins)**
- C24 **Tea, Coffee, & Beverages**
- C24 **Vegetarian & Vegan Food**
- C24 **Vitamins**
- C25 **Water**
- C25 **Weight Loss Products**

Section C

Food & Supplements



Restaurants

Co-ops & Markets

Herbs & Supplements

FULL CIRCLE

ORGANIC PRODUCE
SINCE 1996 DELIVERYBringing the best of the farm
to your doorstep every weekGet local, organic produce and groceries every week -
from farmers and producers working sustainably.

- Weekly delivery to your home or pickup site
- 4 different box sizes to choose from
- Easy online order customization
- 100% Satisfaction guaranteed

866.EAT.WELL

www.fullcircle.com

JOIN WITH
PROMO CODE
CHOICE2013
for \$10 OFF
YOUR 1ST BOX

Fresh Organic & Local

Olympia FOOD CO-OP

EAST SIDE
3111 Pacific Avenue SE
Olympia, WA 98501

WEST SIDE
921 Rogers Street NW
Olympia, WA 98502

Whitehorse Meadows Farm

The Taste of Blue Sunshine



The most flavorful Organic Blueberries in the NW
www.WhitehorseMeadowsFarm.com
Arlington, WA 98223
(360) 436-1951

Food Literacy & Terms for Section C

Vegetarian - Originated from Latin word "vegetare" which means "to grow," the word vegetarian was made popular by the vegetarian society at Ramsgate England in 1847.

A vegetarian diet consists of plant-based foods and no flesh from animals. Plant-based foods include vegetables, fruits, nuts, beans, and grains. Many vegetarians do consume some animal-derived products like eggs, milk cheese, and other dairy products.

Some people eliminate animal foods from their diet because of health concerns. Some studies indicate that animal products may increase the risk of obesity, heart disease, cancer, diabetes, cataracts, stroke, hypertension, and other life threatening illnesses, while many vegetarian foods offer protection against these same diseases.

Many people adopt the vegetarian diet because of concerns for animal rights, global warming and the environment, or for personal spiritual wellbeing. Whatever the reason may be, choosing a whole food plant diet is a win-win situation for your health, the earth, and the animals!

Vegan - The word "vegan" (pronounced 'VEE-gan') originated from a British man named Donald Watson who had wanted an appropriate name to describe what a vegan eats, as distinguished from other types of vegetarianism. He called his newsletter "The Vegan News" and described veganism as "the practice of living on fruits, nuts, vegetables, grains, and other wholesome non-animal products." Veganism is a subset of vegetarianism. Watson was born on September 2, 1910 and lived to be 95 years old. He died on November 16, 2005.

A vegan diet consists of plant-based foods. It excludes dairy, eggs, honey or any animal ingredients. Vegans also don't wear leather, fur, wool, silk, or other products made from animals.

Moreover, nutritionists, physicians, and people everywhere recognize that plant products are good sources of protein; iron, calcium, and vitamin D, because they can be easily absorbed by the body and don't contain artery-clogging fat. The American Dietetic Association states, "Well-planned vegan diets are appropriate for all stages of the life cycle, including during pregnancy, lactation, infancy, childhood, and adolescence."

Reduce Food Waste through Collaborative Growing & Consumption

By Beth Buczinski

Food is a common need among humans. And while we all require a certain amount of calories to get through the day, the methods used to grow, harvest, and prepare these foods are drastically different.

Two shocking statistics: Food Waste & Food Insecurity

In 2010, 17.2 million households, that is 14.5 percent of households (approximately one in seven), were food insecure. This is the highest number ever recorded in the United States (WorldHunger). In the same year, the EPA reports that 33 million tons of food was thrown away. Food waste now represents the single largest component of municipal solid waste reaching landfills and incinerators, costing Americans about \$1 billion each year.

The good news is that many in America are awakening to the dire state of our national food system, and mobilizing to find community-based solutions that support local agriculture as well as increase access to healthy food for those in financial distress.

Below are some of the most popular or well-established ways people are minimizing waste and redistribute food resources within their communities. If you know of other sites or services that belong on this list, please share them in a comment on www.NaturalChoice.net/

Seed-Lending Libraries

Lack of access to quality organic seeds is a major deterrent to those who



EPA reports that in 2010, 33 million tons of food was thrown away.

want to grow some of their own food. This is unfortunate because families who engage in gardening develop a more personal relationship with their food, and are therefore less inclined

Continued on page C-5



Vegan Haven

Pigs Peace Sanctuary's Vegan Grocery

Groceries & Body Care
Vegan Dog & Cat Food
Non-leather Goods
and much more...

(206) 523-9060

www.veganhaven.org

Open every day 10 am to 8 pm
In Seattle at 55th & University Way

next to

N • A • T • U • R • E

"Your pet's health food store"

Edmonds • 550 Main Street • (425) 778-0292

Seattle • 4543 California Ave SW • (206) 935-1134

Tacoma • 1624 Tacoma Ave • (253) 779-8141

www.next-to-nature.com

*Huge selection and highest quality
for pets and guardians alike*



**NATURE BOYS FARM
& PET SUPPLY**

Specializing in Natural Animal Health

- Certified organic feeds
- All the Best dog & cat foods
- Probiotics & vaccines
- Gerber knives
- Organic & local honey

17022 Pacific Ave, Spanaway (253) 537-8370

CROWN HILL  PET SUPPLY

Your Natural Pet Care Oasis

**Imagine Peak Health
for your pets!**

Our hassle-free program
is guaranteed to work...
give it a try today!

206-783-9570

www.crownhillpet.com

9053 Holman Road NW
In Seattle Just north of Ballard



TATANKA TAKE-OUT

featuring organic, grass fed **BISON**
"America's Original Health food"

Why BISON from Tatanka Take-Out?

1. Organically raised
2. Free of antibiotics and steroids
3. Hypo allergenic
4. USDA and State inspected
5. More protein than any other meat.
6. Less fat/calories/cholesterol than any other meat.

3 OZ SERVING	CALORIES	FAT	CHOLESTEROL
Bison	93	1.8G	43MG
Turkey	125	3.0G	59MG
Beef	183	18.0G	55MG
Chicken	140	3.0G	73MG

DAILY BISON SPECIALS:

Burgers ~ Tacos ~ Burritos ~ Chili ~ Nachos ~ Soup ~ Sausage

ORGANIC CHICKEN:

Stir-Fry ~ Teriyaki Sandwich ~ Chicken Breast

VEGETARIAN & TOFU:

Burgers ~ Tacos ~ Burritos ~ Salads ~ Nachos ~ Red Skin Spuds
 Feta & Olive Salad ~ Veggie Sauté ~ Sautéed Crimini Mushrooms
 Home-made Pies & Cookies ~ Frozen Yogurt & Sorbet

TATANKA TAKE-OUT

4915 N. Pearl, Ruston, WA

253.752.8778

OPEN TU - SU • 11 am - 7 pm

(Closed Mondays)

Breakfast - served until 3pm daily

Huevos Picante - Scrambled eggs (or tofu) cheddar cheese & salsa, rolled in a whole wheat tortilla & baked in enchilada sauce & cheddar, topped with sour cream & served with black beans

Sunlight Huevos Rancheros - Two corn tortillas topped with black beans, fried or scrambled eggs or tofu & salsa. Your choice to add cheese, sour cream, avocado.

Deluxe Huevos Rancheros - Two corn tortillas layered with two fried eggs, enchilada sauce, & melted cheese, topped with sour cream, served with black beans. Vegan option substitute w/ tofu.

Sesame Crunch Waffle - With pure, organic, Vermont Maple syrup. Bananas, blueberries, yogurt, whipped cream optional.

Salads

Dressings - lemon tahini, herbal or special dressing

Cheeses - cheddar, feta, or parmesan

Organic Mixed Greens - with shredded carrots, cabbage, celery.

Blushing Lettuce - with assorted vegetables, avocado, tomatoes, mushrooms seeds, sprouts.

Brown Rice Salad - lettuce, peas, vegetables, avocado, broccoli & cauliflower, topped with organic brown rice, seeds.

Green Spinach Salad - organic spinach, tomatoes, cucumbers, mushrooms, red onions, green olives, feta cheese, almonds

Tofu Salad - lettuce, assorted vegetables, seeds, sprouts

Sandwiches & Burgers

(addition soup and salad optional)

Nutburger - grilled patty of roasted nuts, & vegetables, topped with melted cheddar.

Grilled Tempeh Burger - savory sautéed organic tofu with spicy roasted red pepper sauce

Portobello Mushroom Burger - a whole roasted portobello mushroom with basil pesto, topped with melted cheddar, and served on a 7-grain bun

Grilled Tofu Sandwich - with marinated organic tofu

Falafel - served with pita, a garlic yogurt sauce

Hummus Roll-up - hummus, griddled carrots & cabbage, cucumbers, sprouts, & lemon tahini, rolled in a whole-wheat wrap.

Avocado & Cheese - swirls of raw milk cheddar with avocado, tomatoes, lettuce & sprouts, on home-baked whole grain bread.



CREATIVE VEGETARIAN COOKING

Breakfast • Lunch • Dinner
 Weekend Brunch • Vegan Pastries
 Organic Coffee & Espresso
 Additive-Free Beers • Wine

open daily 8am-9pm

6403 Roosevelt Way N.E. Seattle 206-522-9060

Brunch - Served from 9 am - 2pm Saturday & Sunday
Waffles, Hotcakes & French Toast - Served with fresh fruit & pure organic Vermont maple syrup.

Eggs (or tofu) & Home Fries
Sunlight Vegetable Tofu Scramble - Mixed vegetables & tofu in a garlic-ginger sauce, served with home fries and half 7-grain english muffin. Cheeses or lemon tahini optional.

Fruit Salad - Seasonal and tropical fruits topped with our special Sunlight salad dressing & chopped almonds, walnuts & coconut.

Homemade Granola
The Vegan Highlander - Seasoned, sautéed tofu, Tempeh, onions & green peppers served on a bed of fresh spinach, with home fries and half 7-grain english muffin.

McKenna - Your choice of 3 eggs or tofu scrambled with shiitake mushrooms & tomatoes, served on a bed of fresh spinach & topped with Swiss cheese, with home fries and half 7-grain english muffin.

Euripides - Your choice of 3 eggs or tofu scrambled with red peppers & roasted garlic, served on a bed of fresh spinach & topped with feta cheese, with home fries and half 7-grain english muffin.

Appetizers

Vegetable Plate with Hummus - a middle eastern garbanzo bean & tahini dip with assorted vegetables

Sweet Potato Cakes with Tofu - served with pickled red cabbage and garlic-ginger sauce for dipping

Classic Nachos - organic corn chips with melted cheddar cheese, black beans, sour cream & salsa.

Sunlight Nachos - with vegetables, cheddar cheese, black beans, rice, tomatoes, olives, avocado, & sour cream.

Entrees

Black Bean Burrito - Enchilada style black beans, cheddar cheese, vegetables, & rice, rolled in a whole wheat flour tortilla, baked with enchilada sauce, and topped with sour cream, olives & green onions - served with soup or salad.

Vegetable Cheese Enchiladas with Beans & Rice - Cheddar cheese, vegetables & sour cream roll in two corn tortillas & baked in a rich tomato-chili sauce, with black beans & rice - served with soup or salad.

Tostada - A crisp corn tortilla, topped with black beans, grated cheddar, artichoke, tomatoes, sprouts, olives & salsa.

Poleata with Black Beans - Parmesan poleata, baked with black beans, salsa & cheddar - served with soup or salad.

Steamed Vegetables & Tofu with Rice - Tossed in a garlic-ginger sauce & served on a bed of organic brown rice. Peanut sauce, lemon tahini, or cheese optional.

Dinner Entrees - Available after 4 pm

Vegetable Tofu Sauté in Garlic-Ginger Sauce - Served on a bed of organic brown rice - with soup or salad. Peanut sauce, lemon tahini, or cheese optional.

Fresh Herb Risotto with Organic Vegetables - Seasonal organic vegetables, organic arborio rice, & parmesan cheese, served over a bed of organic greens - with soup or salad.

Pasta Marinara - Fresh pasta with marinara sauce & parmesan cheese served with soup or salad & homemade bread.

Poleata & Eggplant Marinara - Parmesan poleata, layered with mozzarella, roasted eggplant & garlic, and baked with marinara sauce & parmesan cheese - with soup or salad and bread.

Fresh Pasta with Basil Pesto - Fresh pasta tossed with pesto sauce, a blend of fresh basil, parmesan, walnuts, garlic & olive oil - served with soup or salad and bread.

Roasted Vegetable Lasagne - Oven roasted carrots, onions, zucchini, & mushrooms layered with fresh spinach pasta, marinara, ricotta, parmesan & mozzarella cheeses with soup or salad & bread.



Food Literacy

Continued from page C-2

Organic - Organic refers not only to the food itself, but also to how it is produced and processed. Organic food production is based on a system of farming that mimics natural ecosystems and maintains and replenishes the fertility and nutrients of the soil. Organic Production integrates cultural, biological and mechanical practices that foster cycling of resources, promote ecological balance and conserve biodiversity. Organic foods are produced without the use of genetically modified organisms, conventional pesticides, artificial fertilizers, human waste, or sewage sludge, and that they were processed without ionizing radiation or food additives. Processed organic foods are handled carefully to maintain the integrity of organic ingredients going into the products.

100% Organic - All organic ingredients. Any processing aids used must be organic. No non-organic ingredients are used. USDA Seal allowed. Must list organic certification agent. Example: 100% Organic Cereal.

Organic - At least 95% organic ingredients. Remaining 5% can be non-organic allowed ingredients (i.e. vitamins, citric acid, baking powder). All agricultural ingredients must be organic unless not available. USDA Seal allowed. Must list certification agent.

Made with Organic Ingredients - At least 70% organic ingredients. Remaining 30% can be non-organic allowed ingredients (i.e. vitamins, citric acid, baking powder) or non-organic agricultural ingredients. Must list certification agent. Example: Cereal made with organic oats, raisins, and dates.

Products with less than 70% Organic Ingredients: Any level of

Continued on page C-7

Food Waste

continued from page C-3

to waste it. Starting or participating in a seed-lending library reignites the discussion and excitement around food growing, and creates a situation in which experienced growers can share their knowledge with newbies in an informal environment.

Crop Mobs

Small farms are the lifeblood of the local, sustainable food supply, but they often lack the money and people power to get their goods to market in a rapid manner. Crop Mobs are groups of people who want to support these farms by sharing their time and muscle strength to plant, care for, and harvest its crops for nothing more than the price of a meal. Since that first mob in 2008, more than 50 crop mob groups have started up around the United States, each with its own unique constituency and additions to the model. Learn more at CropMob.org.

Yard-Sharing

So maybe you don't have the time or energy to plant a garden, but you've got plenty of yard space just going to waste. Meanwhile your neighbors living in a nearby apartment complex really want to grow their own food, but they lack the necessary space. Online communities like Seattle-based Urban Garden Share help people who have land to connect with those who don't. The work and harvest is shared between multiple community members, building friendships and strengthening the local food system at the same time.

Food Preservation Workshops

Gardens create an abundance of fresh produce that can be shared between friends and neighbors, but the sharing alone won't solve the problem of wasted

Continued on page C-7

Tenzing Momo Inc.

93 Pike • Seattle, WA 98101



Bulk Herbs ~ Tinctures ~ Fluid Extracts
Solid Extracts ~ Essential Oils
Chinese Medicines ~ Herbal Sundries
Incense ~ Special Orders

(206) 623-9837

order online: www.tenzingmomo.com



Herbal Solutions to Common Health Concerns

A large selection of
bulk herbs & tinctures,
herbal & nutritional products,
teas & essential oils.
Customized formulations & classes.

105 Lake St S, Downtown Kirkland
HerbalWellness.net • 206-330-2171



TRADITIONS

CAFE & WORLD FOLK ART

Whole & Organic Foods with
Vegetarian & Vegan Options



traditionsfairtrade.com
for concerts, forums, &
presentations

300 5th Ave SW
Olympia 360-705-2819



- Bulk Grains
- Raw Nuts
- Raw Honey
- Vitamins, Herbs
- Gluten Free Products
- Books
- Beans
- Dried Fruits
- Cosmetics



(206) 244-5015

13629 First Ave S, Burien



Locally-Sourced,
Sustainable Fare

1st & Bell
(206) 441-9360
Local360.org

Food & Supplements



PABLA INDIAN CUISINE

Discover an exquisite new taste in dining

Family business originated in India in 1947. In Renton since 1998

Authentic ~ Vegetarian & Vegan ~ Certified Kosher for 12 Years

Restaurant ~ Catering ~ Bakery ~ Grocery

2009 - 2010 - 2011 - 2012 Talk of the Town Award



Pabla Indian Cuisine
Renton 425.228.4625

• Pabla Veggie Cuisine
Issaquah 425.392.4725

www.PablaCuisine.com

Food Literacy

continued from page C-5

organic ingredients. No restrictions on remaining ingredients. No certification claims can be made. Only mention organic in ingredient listing. Example: ingredients: organic oats, organic raisins.

Gluten-Free - A gluten-free diet is essential for people who have coeliac disease or dermatitis herpetiformis (a gluten induced skin sensitivity). Some people may choose to follow a gluten-free diet for other reasons, although these two diseases are the only ones where a gluten-free diet is considered medically imperative.

A gluten-free diet involves the complete avoidance of all foods made from or containing wheat, rye, barley and usually, oats. Some doctors say oats may be permitted, although The Coeliac Society advises against the inclusion of oats in a gluten-free diet.

Locavore - The people who prefer to eat locally grown or produced food call themselves locavores or localvores. The local food movement is part of the concept of local purchasing and local economies; a preference to buy locally produced goods and services rather than those produced by corporate institutions. Locally produced food travels less distance to the table and consume less fuel and time for the transportation so it is fresher too.

Natural - A product containing no artificial ingredient or added color and is only minimally processed (a process which does not fundamentally alter the raw product) may be labeled natural. The label must explain the use of the term natural (such as - no added colorings or artificial ingredients; minimally processed.)



Food Waste

continued from page C-5

food. Learning how to store and preserve this food so that it can be enjoyed long after the harvest season is the key to sustainable food consumption. Oregon State University, as well as many other university extensions, offers a wealth of resources concerning food preservation, as well as Family Food Education volunteers that educate the public about safe food handling/preservation over the phone and at workshops and exhibits.

Meal & Recipe Sharing Events

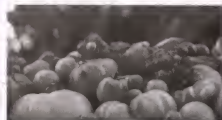
A lack of community knowledge about nutrition and food preparation contributes to the cycle of food insecurity. When people have access to fresh foods, but aren't sure how to prepare them in a tasty way, it's more likely that those foods will be wasted. Hosting a potluck, a stranger dinner, or food swap is a great way to expand your recipe box and ensure that those 27 pounds of zucchini from your garden won't end up in the compost bin. Online communities like MamaBake encourage people to get together for once a week, big batch cooking sessions where the work, fun, and food are all shared.




To follow websites referenced in the article, go to www.naturalchoice.net/blogs/menu_0212_FoodSharing.html

Beth Buczynski is an Environmental writer and editor living in the Rocky Mountain West. Follow her on Twitter as [@ecosphericblog](https://twitter.com/ecosphericblog).

Photo: Flickr.com/photos/hipsxxhearts/






STIEBR'S FARMS
THE EGG PEOPLE

Taste the Difference!

Local, Quality, Farm Fresh Eggs Since 1953.
Washington's premier cage-free and organic egg producers.
Available throughout the Northwest.



PO Box 598, Yelm, WA 98597 | 360.458.3333
www.stiebrsfarms.com



**CHACO CANYON
ORGANIC CAFE**

Your highly evolved
desires recently found in
ancient cave paintings:



raw



vegan



gluten free



soy free



organic

www.chacocanyoncafe.com

two fantastic locations:
4757 12th Ave NE, Seattle, 98105
3770 SW Alaska St, Seattle, WA 98126

The Vegetarian Heart of Fremont

Silence-Heart-Nest Restaurant

Enjoy fine vegetarian dining with warm, friendly service from our experienced staff.

Try our Mediterranean omelet, orange French toast, breakfast sandwich, South-of-the-Border wrap, huevos rancheros, guacamole "bacon" burger, neatloaf, eggs benedict, homemade soup, salads, tofu scramble, gluten-free breads & pancakes, espresso, coffee, tea, and, of course, our delightful weekend specials!

"Everything sampled here was hearty, wholesome, inexpensive -- and delicious."

-Seattle Times

"...But, what it most feels like is an American diner with heart -- yes, in a quiet, peaceful nest."

-Seattle Weekly

Open Mon. through Sun. from 8 am to 2:30 pm (3 pm weekends)

- Closed Tuesday -

3508 Fremont Place N. ☎ (206) 633-5169

www.silenceheartnest.com

C

Food & Supplements

Vegetables taste
better here



Araya's Place

The Only Vegan Thai Restaurant
in Seattle & Bellevue

Healthy, Organic Food
Fresh Vegetables
Warm & Cozy Atmosphere

Open Every Day
Serving Lunch, Dinner,
To Go, Catering, & Parties
Buffet Lunch,
All-You-Can-Eat

Voted
Best Vegan
Restaurant
by the Weekly
& NARN

5240 University Way NE • 206-524-4332

31 Bellevue Way NE • 425-453-1366 arayasplace.com



"good without guilt"

Vegan & Gluten-free

Cakes, Cookies &
Baked goodies

Some are sugar free as well

Cakes for special occasions
Birthday, Wedding, Meeting, ...

U Dist 206-524-4332



Traveling as a Gluten Free Diner

by Kelle Rankin-Sunter

Editor's Message: Gluten is a protein composite found in wheat and related grain species like barley and rye. It can trigger an immune reaction in people with celiac disease. It causes damages to the inner surface of their small intestine and an inability to absorb certain nutrients. Symptom may include abdominal pain, diarrhea/constipation, and weight fluctuation. There can be long-term health issues as well resulting from the lack of nutrients. It is estimated that 1 in 133 Americans, about 3 million, across all races, ages and gender are affected by the disease. And 6 times more than that may have non-celiac gluten sensitivity. (source: CeliacCentral.org) The solution is to avoid gluten food. But as so much of our food is made with gluten-loaded ingredients, avoiding gluten can be a dietary challenge, especially if you eat out often. Here are some great tips for gluten-free travel.

If you have recently been diagnosed to be gluten sensitive, you are probably feeling overwhelmed by the requirements of following the gluten free diet. Even with the plethora of gluten-free choices that have come on the market in the past six years, it will seem either very confusing or very expensive to duplicate your "gluten-full" diet of old. The idea of going to a restaurant or traveling probably sends you to the wall wailing! But do not despair! Not only can you dine out in relative safety, you can travel by land, sea and air! When I was first



diagnosed 10 years ago, I never went anywhere without my emergency bag of nuts/seeds, dried fruit, gluten-free food bars and bottled water. While I still travel with it, I find that many times I can find places to eat where I have reasonable confidence that I won't be sick. It is also a good idea to try and keep your diet as close to what you are used to in your "every day" life. This will reduce the chances that you will have a reaction to a new food (or try something that has gluten in it because you aren't familiar with the ingredients) or put stress on your

Continued on page C-10

Food & Supplements

SUPERIOR QUALITY DRINKING WATER

Water Coolers • Crock • Ice Bottles • Dispensers • Pumps • Accessories
Emergency Preparedness



Water To Go®

- 12 Stage Purification
- Save Big

Pick up your own water • 24-Hr. vending • We deliver

Bellevue 425-957-3507
15600 NE 8th St, #88
Federal Way 253-941-2150
2012 S 314th St
Kirkland 425-889-9231
8512 122nd Ave NE



ORGANIC PRODUCE • NATURAL FOODS
VITAMINS • HERBS • BODY CARE
ORGANIC WINES • GRAB N' GO DELI
ORGANIC MEATS • GLUTEN-FREE

www.NaturesMarketKent.com
26011 104th Ave SE, Kent, WA 98030
253-854-5395 • Fax 253-854-5856

Visit **Cascadian Farm**
enjoy our **Organic Berries**
WE PICK / U-PICK
Homemade Ice Cream
ORGANIC Espresso & Snacks

May: Flowers • June: Strawberries • July: Raspberries
Aug: Blueberries • Sept: Sweet Corn • Oct: Pumpkins

• Picnic Tables • Self-Guided Farm Tour
Skagit Valley Farm Tour 1st Weekend in Oct

OPEN DAILY MAY-OCTOBER
May 20 / 3 mi. east of Rockport (360) 853-8173



FLUORIDE IN WATER

Can Fluoride interfere with the function of the brain's pineal gland?

Ingest-Less.com

Where is Fluoride accumulated in the body?

Removes 90% Fluoride
Lasts up to 150 gal. \$45



Fluoride Filtration/Information Made Simple



Multi-Media Wellness LLC
P.O. Box 1000



(425) 280-1513
ingestless@gmail.com



Organically Grown Company

Employee and Grower Owned

Promoting Health through Organic Agriculture
as a Leading Sustainable Organization

www.organicallygrown.com

Gluten Free Diner

continued from page C-9

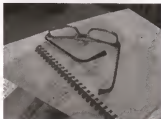
digestion that is already being strained by long hours, trip management and unfamiliar sleeping environment.

Planning is Important for Those Traveling with Dietary Restrictions

Planning is the most important part of any trip and it is never more true when one is traveling with a dietary restriction. With the advent of the internet you can preview the airport, the neighborhood where your hotel will be, the cruise ship, etc. This allows you to limit the possibility of being in a place where you are hungry and are willing to risk your health because you feel as though you have no options.

So begin your travel planning by considering the following questions:

How difficult will it be for you to carry some food with you? When we are hungry we are poor decision-makers and are more likely to say "oh, I just can't bother". Carrying some food just in case you get "stuck" with "no" food options can save you from breaking diet restriction(s).



Will you be traveling with friends who have similar restrictions? It is always easier to travel with a "group" with similar dietary needs. Not only can you help each other

interface with staff, but the restaurant will see you as a bigger consumer block (and income).

Will you be in a fixed activity such as a group tour, resort or cruise ship? ALWAYS contact them directly to find out what their policy is on meeting special dietary needs. Many facilities

prefer that travelers "pre-register" so that they can order in what their guest will need in terms of special food.

Will you have access to the internet to do research "on the road" or should you do your research before you leave? Having a list of markets with suitable food choices, restaurant options, and similar information will be helpful.

If you are staying in a hotel, do they have a kitchenette or room refrigerator/microwave where you can prepare at least some of your meals, if preferred or if necessary?

Is "Gluten-Free" Really Gluten-Free?

NEVER read a sign or a menu that says "Gluten Free" and ASSUME that they understand what that means! For example, while many restaurants might buy gluten-free noodles and advertise them as such - they might not understand that they shouldn't

Vegetarians



OF WASHINGTON

At Vegetarians of Washington, you'll discover the advantages and experience the pleasures of vegetarian food. We are one of the largest non-profit vegetarian organizations in the country, and you don't need to be a vegetarian to join! We welcome everyone, whether you're an experienced vegetarian, a beginner or just curious.

We hold monthly dinners at the Mount Baker Club in Seattle, where you can enjoy a delicious multi-course gourmet meal prepared by a different chef or restaurant every month. Enjoy every type of food from Indian to Italian, and Mexican to Mediterranean, plus meet new people in a warm and friendly atmosphere. We also hold free, informative nutrition and cooking classes throughout the region.

Members receive a free subscription to the popular magazine, *Vegetarian Times*, our informative newsletter, *The Vegetarian Page*, sent via email each month, discounts at our dinners and at over 80 participating businesses throughout the region.

Our biggest event of the year is **Vegfest**, a healthy vegetarian food festival, held at the Seattle Center each year. Come taste free food samples, see cooking demonstrations, hear the latest nutritional information and choose from a huge selection of books.

Look for our four books, including our latest book, *Say No to Meat! The 411 on Ditching Meat and Going Veg*. Written in an easy question and answer style, this book gives young people the answers they need to the key questions that many new vegetarians ask us about. Our other books include *The Veg-Feasting Cookbook*, our guidebook to WA and OR *Vegetarian Pacific Northwest*, and our fact-filled book, *The Vegetarian Solution*. Our books are available at all our events, in bookstores, natural food stores and online.



For more information or to join, visit our website at www.vegofwa.org or call 206.706.2635.



GNC *Factoria, Bellevue*
LIVE WELL.

Quality Health & Wellness Products

- Vitamins & Supplements
- Minerals
- Herbs
- Dietary & Cleansing Products
- Super Foods
- Sports Nutrition

425.401.9066 3921 Factoria Blvd SE



Herbal Extracts • Organic Bulk Herbs • Supplements
Flower Essences • Essential Oils
Organic Smoothie & Refreshment Bar

NOW SERVING HOT TEA
AT OUR HERBAL REFRESHMENT BAR

THE HERBALIST
MANUFACTURING HERBAL MEDICINES SINCE 1984

2106 NE 65th ST. • SEATTLE, WA • 98115 • www.theherbalist.com • 206.523.2600

cook them in the same water as wheat noodles! Always ask questions and remember that YOU are the one who will suffer if they serve you gluten, not them.

When ordering in a restaurant, how familiar are you with the ingredients in the recipes? Have you downloaded "safe food and unsafe" food lists and reviewed them for familiarity? This is a great way to understand where hidden sources of gluten (or any other allergen) might be found. By knowing what might normally be found in a dish, you can assess a menu in any restaurant and fairly well determine whether or not the dish could be naturally gluten-free. ALWAYS advise wait staff of your dietary needs when you are ordering and ask for the chef's recommendation to determine whether the item is actually safe.

Of course, traveling with a dietary card that can be carried to the kitchen

and given to the chef is a great idea. This is better than relying on your server (who is naturally busy) to take the extra time to accurately relay your message.

Many mainstream restaurants are now offering gluten-free menus. They are making great strides to set up safe ingredients and reduce the possibility of cross-contamination. Even then, it may be difficult for you to ask your server to have the chef clean off the grill before cooking your food, or wrapping it in foil. You may be better off ordering something that probably won't get cross-contaminated. HOWEVER, it is still advisable to inspect your food carefully before eating. I have found croutons in the bottom on my "gluten-free" salad, ordered from the gluten free menu! If you find any evidence of questionable ingredients in your plate, ask your server to bring you another. Leave the plate of unacceptable food on the table (so that they can't go to

BEEF

raised by Mother Nature
beyond organic standards
natural, 100% grazed beef

MOUNTAIN BEEF
www.mountain-beef.com
541-263-1515
509-595-7080



the back and just remove the bun from the burger). Still, it is always safer to order items that are naturally gluten free (clean meats, vegetables, rice, corn, potatoes, green salads, fruit, etc.) rather than experiment with an unknown chef, in an unknown restaurant.

If the menu only contains deep-fried items and the server thinks that the "flour" you are asking about is the "flower" on the table - better find another restaurant.



More information about Bellingham Gluten Information Group can be found at: <http://www.glutenfreeway.info/>

Kelle Rankin-Sunter is the Support Group Team Leader of Bellingham Gluten Information Group

Photo: JacQuLyne, Flickr.com/photos/koyochi/

Recipe: International Paella (No Food Waste, No Sweat)

by Tammy Hung

Paella is a well-known Spanish rice dish originated in the Valencia region in eastern Spain. It is a combination of rice, meat or seafood,



and vegetable cooked in a shallow open pan. Originally, the word paella refers to cooking pans. With the growing popularity of the dish, the word now comes to represent the dish itself.

Paella was first cooked up in open air in the 18th century using ingredients on hand in the field. As living standards

improved over time, so are the ingredients incorporated into the dish. Today, the variety of paella ingredients is only limited by our imagination.

Paella to Solve Our Food Waste Problem

Some believe that paella evolved from the Moorish rice casserole, which was made by mixing leftovers into rice. This belief is determined to be inaccurate from a historical perspective. Nevertheless, the Moorish tradition inspires us to make the best use of our resources.

Borrowing from this tradition, the essence of this International Paella recipe is to fully utilize what is available while exercising our creativity. It is possible to make a delicious meal with leftovers without sweat. The key is in the sauce.

Delicious Leftovers: The Key is in the Sauce

We are used to having a main ingredient as the theme of a dish. The idea behind the International Paella is to use a strong-flavored sauce to create a dominating theme for the dish. The goal is to shift the attention to the amazing flavors of the dish rather than the ingredients (aka leftovers).

Here are some ideas for the theme sauce.

- Curry
- Black bean paste
- Oyster sauce
- Tomato sauce

First assemble the leftovers that have complementary tastes. Then choose a

Skagit River Ranch
Family owned, humanely raised animals

All Certified ORGANIC
100% Grass-Fed Beef
Pork, Chicken & Eggs

Serving the Puget Sound area
& SHIPPING available now!

www.skagitriverranch.com
360-856-0722 | Sedro Woolley WA

Skagit Valley Food Co-op

For people who live to eat good food.

Open daily
in downtown Mount Vernon

Your community natural market since 1973
360-336-9777
www.skagitfoodcoop.com

WHO Cares about Gluten?

www.GlutenFreeway.info
360.734-4989

We DO and want to help
YOU be Gluten-Free

BELLINGHAM
BGIG
GLUTEN INFORMATION GROUP

Monthly support meeting
Special events - Sept. & May
Informal coffee meeting

Volunteers serving NW Washington since 1999 with education, advocacy and support for celiacs, the gluten sensitive and their caregivers.

Marlene's MARKET DELI
NATURAL FOODS
Natural & Organic since 1976

- Full Service Deli
- 100% Organic Produce
- Vegan and Raw Foods
- Gluten-free Foods
- Nutritional Supplements
- Natural Body Care
- Large selection of Bulk Foods
- Books, Magazines, Cards
- Seminars & Cooking Classes
- Catering

marlenesmarket-deli.com

2565 S. Gateway Center Place-Federal Way, WA 98003
2951 S. 38th Street - Tacoma, WA 98409

theme sauce that would work well with the flavors of your leftovers. As for the grain/starch, I go with what is available - rice, pasta, bulgar, grilled potato, ... Your creativity is the limit.

My Weekend Paella

Just last night, I did my weekly sweep of my fridge to clean out all the leftovers before I do my grocery shopping. Here is what I found: extra cooked bulgar, leftover vegetable fried rice and pineapple ginger tofu from a Chinese cookout the night before, grilled portobello leftover from a lunch salad, and spinach salad in a box. I always have some ginger, garlic and onions on hand. I decided to go with a Thai curry sauce as its flavor compliments the pineapple-ginger taste of my leftovers.

Dinner was practically ready in 15 minutes:

- Heat some oil
- Drop in chopped ginger
- Add chopped onion and stir till it becomes semi-translucent
- Add chopped garlic and stir till it becomes fragrant
- Add curry sauce
- Drop in the ingredients, for me that include tofu, portobello, bulgar and fried rice
- When the ingredients are warmed up, stir in the spinach till it softens up
- Add salt and pepper to taste

The amount of each ingredient required depends on the amount you have on hand, the number of servings you are preparing, and the brand of the sauce you are using. Your creativity is your recipe!

Photo: Flickr.com/photos/waferboard/



206-352-2583

Lucky Palate

Vegetarian Meal Service

Delicious, Organic, Affordable Vegetarian meals delivered to your home or work.

Gluten-Free & Low-Fat Meals Available

307 W. McGraw Street • Seattle
www.luckypalate.com



WATER FILTRATION SYSTEMS

1514 NE 179th
Seattle, WA 98155
Locally owned & operated since 1980



Residential & Commercial Water Filtration Systems

- Drinking Water Filters
- Shower Filters
- Self Serve Bottled Water
- Bottleless Water Coolers
- Deionization Specialists
- Water Analysis
- Installation and Service

206-363-0039
Visit The Water Store
www.CustomPure.com



Taste local goodness & support your community!

SNO-ISLE NATURAL FOODS CO-OP
2804 Grand Ave, near Hiram/Calif, 1 blk w of Roacher
(425) 259-3798 • www.snoislefoods.coop

Organic, Local, Bulk Food, Gluten-Free & Special Dietary Produce & Products, Health & Beauty, Pet Supplies, Mercantile, Beer & Wine, Deli

And So Much More!



We are a Community-Owned Natural Foods Market in the Heart of Seattle

Located at 1600 E Madison St
You can find us on the web at
www.centralcoop.coop


Open Daily 9am-7pm to 11pm 206.329.1545

BLUE HERON BAKERY

Natural Whole Grain Baking Since 1977

**Cookies • Granola • Bars
Biscotti • Bread • Pastries**

Open 7am-6pm seven days a week
4935 Mud Bay Road, Olympia
360-866-BAKE(2253)
www.blueheronbakery.com



Comments & Ideas:
Please Complete Reader
Survey on Page D22

SKIPLEY FARM

Fruits & Veggies
CSA. U-Pick
SkipleyFarm.com

206.679.6576

Edible Landscapes

Borealis Landscape
Design.Install.Maintain
Gil Schieber, Plantsman
BorealisLandscape.com

Grilla Bites Organic Cafe


Your
Local
Organic
Hot Spot

Snohomish
360.568.7333

GrillaBitesWA@gmail.com

Business for sale: 425.330.1961

FOR SALE



Please
tell our
businesses
you found
them in the

Natural
Choice
Directory

BE A GREEN STAR**BREAK THE CHAINS!**

Sign on to Break the Chains
of corporate consumerism at
www.organicconsumers.org



ORGANIC CONSUMERS ASSOCIATION
6731 SOUTH SILVER HILL DRIVE
FINLAND, MA 05603
218-226-4164

Celebrating Our 30th Year Anniversary



**The Sisters
Restaurant**

FRESH HOMEMADE



SOUPS. SALADS. SANDWICHES. BURGERS. DESSERTS

**Family Owned & Operated
Since 1983**

**Hearty, Healthy
Breakfast or Lunch**

**2804 Grand Ave #200, Everett
425.252.0480**

www.TheSistersRestaurant.com



BAKERIES & BAKED GOODS

ARAYA'S VEGETARIAN PLACE

See Ad on Page C8

Seattle's Only Vegan Thai Restaurant
31 Bellevue Way NE, Blva 425-453-1366
5240 Univ Way NE, Sea 206-524-4332

BLUE HERON BAKERY

See Ad on Page C13

Natural Whole Grain Baking Since 1977
4935 Mud Bay Rd, Olympia WA 98502
www.blueheronbakery.com 360-866-2253

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

SUNLIGHT CAFE

See Ad on Page C4

Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 206-522-9060

CATERING

CHACO CANYON ORGANIC CAFE

See Ad on Page C7

3770 SW Alaska St, Sea, 206-WEST-SEA
4757 12th Ave NE, Sea, 206-5-CANYON
chacocanyoncafe.com

LOCAL 360

See Ad on Page C6

Real Food: Whole, Natural, Sustainable, Local
2234 1st Ave, Seattle 98121
www.local360.org 206-441-9360

LUCKY PALATE MEAL SERVICE

See Ad on Page C13

Tasty, affordable, vegetarian meal delivery
& cooking classes • www.luckypalate.com
307 W McGraw St, Seattle 206-352-2583

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

COOKING CLASSES

LUCKY PALATE MEAL SERVICE

See Ad on Page C13

Tasty, affordable, vegetarian meal delivery
& cooking classes • www.luckypalate.com
307 W McGraw St, Seattle 206-352-2583

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

PCC COOKS

Cooking Classes & Informational Lectures
www.pcccooks.com 206-545-7112

VEGETARIANS OF WASHINGTON

See Ad on Page C10

Vegfest: March at the Seattle Center
Monthly Dinners, Cooking Classes & More
www.vegofwa.org 206-706-2635

CO-OPS - FOOD

CENTRAL CO-OP

See Ad on Page C13

Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

COMMUNITY FOOD CO-OP

1220 N. Forest St., Bellingham 98225
315 Westerly Road, Bellingham 98226
www.communityfood.coop 360-734-8158

OLYMPIA FOOD CO-OP

See Ad on Page C2

Organic & Natural • Everyone Welcome!
921 Rogers St NW, Olympia 360-754-7666
3111 Pacific Ave SE, Olympia 360-956-3870

PCC NATURAL MARKETS

W. Seattle Viewridge Seward Pk Greenlake
Edmonds Fremont Redmond Kirkland Issaquah
www.pccnaturalmarkets.com 9 Locations

SKAGIT VALLEY FOOD CO-OP

See Ad on Page C12

Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

5NO-ISLE NATURAL FOODS

See Ad on Page C13

Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.5noislefoods.coop 425-259-3798

TACOMA FOOD COOP

Local, Sustainable, Fresh and Friendly.
3002 6th Avenue, Tacoma
www.tacomafoodcoop.com 253-627-3344

DESSERTS

CASCADIAN FARM

See Ad on Page C9

ORGANIC: Berries, Homemade Ice Cream,
Snacks & Preserves. Self-guided Tour.
55749 Hwy 20, Rockport 360-853-8173

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

VEGAN HAVEN

See Ad on Page C3

Pigs Peace Sanctuary's Vegan Grocery
5270B University Way NE, Seattle
www.veganhaven.org 206-523-9060

DETOXIFICATION & CLEANSING PRODUCTS

BIONIC HYDROTHERAPY™

See Ad on Page B3

www.bionichydrotherapy.com
Feel Great! Total Body Detox through a
30 minute warm foot bath. 360-387-8124

TENZING MOMO

See Ad on Page C5

Visit us online at www.tenzingmomo.com
93 Pike St - Pike Place Market
Seattle 206-623-9837

FARMERS MARKETS

ANACORTES

Saturdays 9a - 2p, May to October
Wednesdays 4p-7p, June to August
www.AnacortesFarmersMarket.org
611 R Avenue 360-293-7922

ARLINGTON

Saturdays 10a - 3p, June to September
arlingtonfarmersmarket.blogspot.com
200 N Olympic Ave 360-435-9272

AUBURN

Sundays 10a - 3p, June to September
www.AuburnFarmersMarket.org
23 A St SW 253-266-2726

Comments & Ideas:
Please Complete Reader
Survey on Page D22

FARMERS MARKETS (CONT.)**BELLEVUE - CROSSROADS**

Tuesdays 12n - 630p, June to October
www.CrossroadsBellevue.com/
SpecialEvents/FarmersMarket
15600 NE 8th St. **425-644-1111**

BELLEVUE - DOWNTOWN THURSDAY

Thursdays 3a - 7p, May to October
www.BellevueFarmersMarket.org
1717 Bellevue Way NE **425-454-8474**

BELLEVUE - DOWNTOWN SATURDAY

Saturdays 10a - 3p, June to November
www.BellevueFarmersMarket.org
Check website for location **425-454-8474**

BELLINGHAM - DOWNTOWN

Saturdays 10a - 3p, April to Christmas
www.BellinghamFarmers.org
1100 Railroad Ave **360-647-2060**

BELLINGHAM - FAIRHAVEN

Wednesdays 12n - 5p, June to Sept
www.BellinghamFarmers.org
Location: Village Green **360-647-2060**

BOTHELL - COUNTRY VILLAGE

Fridays 12p - 6p, June to September
www.CountryVillageBothell.com
23718 Bothell-Everett Hwy **425-483-2250**

BOTHELL - SOUTH COUNTY

Wednesdays 4p - 8p, June to Sept
www.ParkridgeOnline.org/Market/
3805 Maltby Rd **425-481-8801**

BURIEN

Thursdays 11a - 6p, May to October
www.DiscoverBurien.com/Events/
455 SW152nd **206-433-2882**

CARNATION

Tuesdays 3p - 7p, May to November
www.CarnationFarmersMarket.org
Tolt Av (SR 203) & Bird St **425-755-8764**

DES MOINES

Saturdays 10a - 2p, June to October
www.DMFM.org
22307 Dock St **206-650-3383**

DUVAL

Thursdays 3p - 7p, May to September
Brown btn NE Richardson & NE Ring
DuvalFarmersMarket.org **425-922-1695**

EDMONDS - MUSEUM

Saturdays 9a - 2p, May to June
Saturdays 9a - 3p, July to October
www.HistoricEdmonds.org
118 5th Ave N **425-776-7201**

EVERETT - DOWNTOWN

Sundays 11a - 4p, June to October
everettfarmersmarket.net
1600 W Marina View Dr **425-422-5656**

FEDERAL WAY

Saturdays 9a - 3p, May to October
www.FederalWayFarmersMarket.com
1701 S. 320th St. **253-261-8157**

GIG HARBOR - UPTOWN

Saturdays 8:30a - 2p, April to September
www.GigHarborFarmersMarket.com
4701 Pt. Fosdick Dr **253-851-7397**

GIG HARBOR - DOWNTOWN

Wed & Sun 12n - 5p, June to Sept
www.GigHarborFarmersMarket.com
3207 Harborview Dr. **253-851-7397**

ISSAQUAH

Saturdays 9a - 2p, June to October
www.ci.issaquah.wa.us/index.asp?nid=778
1730 10th Ave NW **425-877-3311**

KENT

Saturdays 9a - 2p, June to September
www.KentFarmersMarket.com
2nd Ave & Smith St **253-486-9316**

KIRKLAND - DOWNTOWN

Wednesdays 2p - 7p, May to October
www.KirklandWednesdayMarket.org
Location: Marina Park @ Lake St & Main St.

KIRKLAND - JUANITA

Fridays 3p - 7p, May to October
www.KirklandWA.gov/Depart/Parks/Parks/
Juanita_Friday_Market.htm
9703 NE Juanita Dr **425-587-3355**

LAKE FOREST PARK

Sundays 11a - 4p, May to October
ThirdPlaceCommons.org/Farmers-Market/
17171 Bothell Way NE **206-366-3302**

LACEY

Sat 10a - 4p, May to September
www.ci.lacey.wa.us/city-government/
city-departments/public-affairs/lacey-
community-market
College St. SE & 7th Ave. **360-491-3214**

MAPLE VALLEY

Saturdays 9a - 2p, June to October
www.MapleValleyFarmersMarket.org
25700 MapleVal-BlackDia **425-463-6751**

MARYSVILLE

Thursdays 9a - 3p, May to September
www.localfarmers-markets.com/
market/4748/marysville/marysville-
farmers-market
5th & State **360-651-9470**

MERCER ISLAND

Sundays 10a - 3p, June to October
www.mifarmersmarket.org
SE 32nd @Mercerdale Pk **206-235-1185**

MONROE

Sat & Sun 11a - 5p, May to October
www.facebook.com/pages/
Monroe-River-Valley-Farm-Farmers-
Market/191371537564089?sk=info
19829 168th St SE **425-750-2473**

MOUNT VERNON - DOWNTOWN

Saturdays 9a - 1p, May to October
www.MountVernonFarmersMarket.org
Cleveland & Snoqualmie **360-540-4066**

MOUNT VERNON - KINCAID

Wednesday 11a - 4p, June to September
www.MountVernonFarmersMarket.org
1415 E Kincaid St **360-540-4066**

MUKILTEO

Wednesdays 3p - 7p, June to September
www.MukilteoFarmersMarket.org
609 Front St **425-320-3586**

OLYMPIA

Thu-Sun 10a - 3p, April to October
Sat-Sun 10a - 3p, November to December
www.OlympiaFarmersMarket.com
700 Capitol Way N **360-352-9096**

PUYALLUP

Saturdays 9a - 2p, April to October
Wednesdays 3p - 7p, May to October
www.farmersmarketonline.com/Fm/
puyallupfarmersmarket.html
Pioneer Park @4th Ave **253-840-2631**

REDMOND

Saturdays 9a - 3p, May to October
RedmondSaturdayMarket.org
7730 Leary Way NE **425-556-0636**

RENTON - PIAZZA

Tuesdays 3p - 7p, June to September
www.RentonFarmersMarket.com
Piazza, 3rd St S & Burnett **425-430-7214**

Is your business missing?

Make your business a Natural Choice: call 425-373-1987

SAMMAMISH

Wednesday 3p - 8p, May to September
www.SammamishFarmersMarket.org
801 228th Ave SE **425-681-4255**

SEATTLE - BALLARD

Sundays 10a - 3p, Year round
FremontMarket.com/BallardWelcome.html
5300 Ballard Ave NW **206-781-6776**

SEATTLE - BROADWAY

Sundays 11a - 3p, April to December
www.SeattleFarmersMarkets.org/markets
Broadway & Pine **206-547-2278**

SEATTLE - COLUMBIA CITY

Wednesdays 3p - 7p, May to October
www.SeattleFarmersMarkets.org/markets
37th Ave S & S Edmunds **206-547-2278**

SEATTLE - FREMONT

Sundays 10a - 5p, Year round
FremontMarket.com/FremontWelcome.html
400 N 34th Street **206-781-6776**

SEATTLE - LAKE CITY

Thursdays 2p - 7:30p, June to October
www.SeattleFarmersMarkets.org/markets
NE 125th & 28th Ave NE **206-547-2278**

SEATTLE - MADRONA

Fridays 3p - 7p, May to September
MadronaFarmersMarket.wordpress.com/
MLK & E. Union **206-681-6776**

SEATTLE - MAGNOLIA

Saturdays 10a - 2p, June to September
www.SeattleFarmersMarkets.org/markets
33rd Ave W & W McGraw St **206-547-2278**

SEATTLE - PHINNEY

Fridays 3p - 7p, June to October
www.SeattleFarmersMarkets.org/markets
67th & Phinney Ave N **206-547-2278**

SEATTLE - PIKE PLACE MARKET

Everyday 9a - 6p, Year round
www.PikePlaceMarket.org
1st & Pike **206-682-7453**

SEATTLE - QUEEN ANNE

Thursdays 3p - 7:30p, June to October
Crockett St & Queen Anne Ave N
www.QAFMA.net **206-428-1983**

SEATTLE - UNIVERSITY DISTRICT

Saturdays 9a - 2p, Year Round
www.SeattleFarmersMarkets.org/markets
University Way & NE 50th **206-547-2278**

SEATTLE - WALLINGFORD

Wednesdays 3p - 7p, May to Sept
WallingfordFarmersMarket.wordpress.com
1815 N 45th St **206-781-6776**

SEATTLE - WEST SEATTLE

Sundays 10a - 2p, Year Round
www.SeattleFarmersMarkets.org/markets
44th Ave SW & SW Alaska **206-547-2278**

SEDRO-WOOLLEY

Wednesdays 3p - 7p, May to October
www.SedroWoolleyFarmersMarket.com
Metcalfe & Ferry St **360-202-7311**

SNOHOMISH

Thursdays 3p - Sunset, May to September
www.snohomishmarkets.com
Pearl St & Cedar Ave **360-348-2674**

TACOMA - 6TH AVENUE

Tuesdays 3p - 7p, May to September
www.TacomaFarmersMarket.com
6th Ave & N. Pine St **253-272-7077**

TACOMA - BROADWAY

Thursdays 10:00a - 3p, May to October
www.TacomaFarmersMarket.com
Broadway & S. 9th **253-272-7077**

TACOMA - SOUTH

Sundays 11a - 3p, April to September
www.TacomaFarmersMarket.com
3873 S. 66th St. **253-272-7077**

TACOMA - PROCTOR

Saturdays 9a - 2p, March to December
www.ProctorFarmersMarket.com
N 27th St @ Proctor **253-961-3666**

WHIDBEY - BAYVIEW

Saturdays 10a - 2p, May to October
www.BayviewFarmersMarket.com
SR 525 & Bayview Rd **360-321-4302**

WHIDBEY - SOUTH WHIDBEY

Sundays 11a - 2p, May to October
www.SouthWhidbeyTilth.org
SR 525 on Thompson Rd **360-341-4456**

WHITEHORSE MEADOWS FARM

See Ad on Page C2
Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington **360-436-1951**

WOODINVILLE FARMERS MARKET

Saturdays 10a - 4p, 5/1 to 10/9
www.woodinvillefarmersmarket.com
Carole Edwards Center **425-485-1042**

FARMS - ORGANIC

ARNARANTH URBAN FARM

Organic commercial urban farm in Seattle
arnaranthurbanfarm.com **206-701-6567**

ASLAN'S HOW ORGANICS

CSA, member pickups
4991 Chuckanut Dr, Bow
aslans-how-organics.com **360-805-1980**

BILL PACE FRUIT & PRODUCE

A large variety of fruit and produce
2380 Bellevue Way SE, Bellevue WA
Billpacefruitandproduce.com **425-467-0501**

BOISTFORT VALLEY FARM & CSA

Serving Seattle, E & S King, Tacoma, Olympia
426 Boistfort Road, Curtis WA 98538
boistfortvalleyfarm.com **360-245-3796**

BOLLES ORGANIC FARM

Strawberries, Raspberries, Blueberries
17930 Tualco Loop Rd., Monroe **360-805-1980**

BROERS FARM, INC.

Certified organic berries
18228 Tualco Rd, Monroe **360-794-5778**

BUILD EARTH FARM

Farm stand, and organic CSA
9140 Steamboat Island Rd, Olympia
farmandfruitstand.com **360-867-9331**

CANYON RIDGE FARM

CSA + Upicks. Veggies, meat, dairy, flowers
21825 49th Ave SE Bothell **425-402-6433**

CARUSO FARM

Fruits & veggies: carusofarm.blogspot.com
12801 Old Snohomish Monroe Rd

CASCADIAN FARM

See Ad on Page C9
ORGANIC: Berries, Homemade Ice Cream,
Snacks & Preserves. Self-guided Tour.
55749 Hwy 20, Rockport **360-853-8173**

CEDARVILLE CSA FARM

Serving Whatcom, Skagit
3081 Goshen Road, Bellingham 98226
cedarvillefarm.com **360-592-5594**

CHINOOK FARMS

Beef, poultry, veggies, fruits
10601 Elliott Road, Snohomish
Chinookfarms.com **425-508-6341**

FARMS - ORGANIC (CONT.)**DOG MOUNTAIN CSA FARM**

Serving Seattle, Eastside; On-farm Pickup
7026 Tolt Highlands Rd. NE, Carnation
dogmtnfarm.com **425-333-0833**

FILBERT ACRES

Veggies CSA and Pork
6625 Pioneer Way E, Puyallup
filbertacres.com **253-251-1361**

FOREST CREEK FARM

Certified organic blueberry farm
38600 Veazie-Cumberland Rd SE, Enumclaw
Forestcreekfarm.com

FROG CHORUS FARM

CSA, crops, and livestock in Snohomish
frogchorusfarm.com

GARDEN TREASURES

CSA, garden center, farmstand, U-pick
3328 State Route 530, Arlington
Arlingtongardentreasures.com **360-435-9272**

GOTHBERG FARMS

True farmstead goat cheese
Farmers Markets & Retail, from Bow WA
Bothbergfarms.com **360-202-2436**

GOLDEN GLEN CREAMERY

Natural handcrafted cheese
15098 Field Road, Bow, WA 98232
goldenglencreamery.com **360-766-6455**

GROWING THINGS CSA

11525 Carnation-Duvall Rd NE #B
Serving Greater Seattle
growingthingsfarm.org **425-691-8669**

GRUB (GARDEN-RAISED BOUNTY)

Veggies, herbs, fruits, and flowers
2016 Elliott Ave NW Olympia
goodgrub.org **360-753-5522**

HEDLIN FAMILY FARMS

Cert. organic. Pesticide free. Salmon safe.
12275 Valley Rd, Mount Vernon
Hedlinfarms.com **360-466-3977**

HELSING JUNCTION CSA FARM

Serving Seattle, Tacoma, Olympia
12013 Independence RD, Rochester 98579
helsingfarmcsa.com **360-273-2033**

JUBILEE FARM CSA

Pickup or delivery for greater Seattle.
229 W. Snoqualmie River Rd NE
jubileefarm.org **425-222-4558**

KIRSOP CSA FARM

Sustainable produce for Thurston Co.
855 Trosper Rd SW #108-189, Tumwater
KirsopFarm.com **360-352-3590**

KLESICK FAMILY FARM

Meats, fruits, veggies, bakery, coffee, tea
24101 Miller Road, Stanwood
klesickfamilyfarm.com **360-652-4663**

LAKE CAVANAUGH CSA FARM

CSA farm serving Seattle and Skagit
27998 Lake Cavanaugh Rd, Mt Vernon
LakeCavanaughFarm.com **206-725-6345**

LOCAL ROOTS FARM

Family run vegetable farm & farmstand
Office: 740 Belmont Pl. E, #2 Seattle
Farmstand: 11707 262nd Ave NE, Duvall
LocalRootsFarm.com **206-679-9512**

MAGIC BEAN URBAN FARM

CSA and local pickup: www.magicbean.org
4244 NE 125th St Seattle **206-402-9181**

MEZZA LUNA FARMS

Heirloom veggies and herbs
10340 Carnation-Duvall Rd, Carnation
mezzalunafarms.com **206-446-7469**

MOSBY FARMS

Veggie club + farmstand
12754 SE Green Valley Road Auburn
mosbyfarm.com **253-939-7666**

MOTHER FLIGHT FARM

Fruit, Vegetables, Farmstand
20482 Skagit City Road, Mt Vernon
More Information **360-661-6098**

MOTHER NATURE' ORGANICS

Veggies, tomatos, berries
930 Sunnyside Rd, Lake Stevens
mothernatureorganics.com **425-743-4150**

NATURE'S LAST STAND CSA FARM

Sustainably farmed. Conveniently delivered.
PO Box 1212, Carnation
NaturesLastStand.net **425-444-6541**

NEW EARTH FARM

Veggies, herbs, flowers
16665 Britt Road, Mt Vernon
farm.newearthworks.org

ONE LEAF FARM

CSA, restaurants, farmers markets
1550 W. Snoqualmie River Rd NE, Carnation
oneleafarm.org **206-366-5439**

ORGANICALLY GROWN*See Ad on Page C9*

Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrows.com **253-867-5222**

OXBOW CSA FARMS

CSA, Farmers Markets, Education Tours.
10819 Carnation-Duvall Rd, Carnation
www.oxbowfarm.org **425-788-1134**

PATTERNED GROUND FARM

Fruit + Veggies + Farmstand + CSA
617 E Laurel Rd, Bellingham
patternedgroundfarm.com **360-223-8794**

PROVISIONS MUSHROOM FARM

CSA Shares, Farmers Markets
ProMushrooms.com **360-359-6673**

RISING RIVER FARM

Veggies, Herbs, Strawberries
13208 20st SW Rochester
Risingriverfarm.com **360-273-5368**

ROOT CONNECTION FARM

Chemical free herbs, veggies, & flowers
13607 Woodville-Redmond Rd
RootConnection.com **425-881-1006**

SAGE & SKY FARM

CSA veggies + meat products
3002 E Smith Rd, Bellingham
sageandskyfarm.com **360-255-0757**

SKAGIT RIVER RANCH*See Ad on Page C12*

Certified Organic Beef, Pork, Chicken & Eggs
28778 Utopia Rd, Sedro Woolley
Scheduled Delivery **360-856-0722**

SKIPLEY FARM & BOREALIS LANDSCAPE*See Ad on Page C14*

Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.com **206-679-6576**

SKIYOU RANCH

Cert. Organic Grass Fed Beef
26910 Duffy Road, Sedro Woolley
Skiyou Ranch.com **360-708-3292**

SOL TO SEED FARM

Certified naturally grown.
415 W. Snoqualmie River Rd NE, Carnation
soltoseedfarm.com **425-273-1232**

SOOS CREEK FARM

Veggies CSA + meat + dairy + farmstand
21854 148th Ave SE, Kent
sooscreekfarm.com **253-642-6035**

STIEBRS FARMS

See Ad on Page C7
Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 **360-458-3333**

STOKESBERRY SUSTAINABLE FARM

Chicken, beef, pork, duck, turkey & veggies
Stokesberrysustainablefarm.com
7429 85th Ln SE Olympia **360-878-2294**

TAHOMA FARMS

CSA shares, farmers mkts, grocery stores
21108 Orville Road E, Orting WA 98360
Tahomafarms.com **253-444-5949**

TERRY'S BERRIES & VEGGIES TOO

On-farm Pick-up, Farm Store, Farmers Mkts
4520 River Road, Tacoma 98443
Terry'sBerries.com **253-922-1604**

TINY'S ORGANIC

Serving Seattle, E King, and On-farm Pick-up
From the Farmers Market...To your Table!
www.tinysorganic.com **206-762-0577**

WHISTLING TRAIN CSA FARM

Urban farm.
27112 - 78th Ave S., Kent 98032
WhistlingTrainFarm.com **253-859-5197**

VIVA FARM

Incubators of new farmers & CSA
15366 Owenell Rd, Mt Vernon
vivafarms.org **360-707-3223**

WHITEHORSE MEADOWS FARM

See Ad on Page C2
Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington **360-436-1951**

WILLIE GREEN'S ORGANIC FARM

100% Organic. Locally Grown & Seasonal
19501 Tualco Rd. Monroe WA 98272
WillieGreens.org **360-453-7030**

ZESTFUL GARDENS CSA

Veggies, small fruits, and herbs
5102 - 40th St East, Tacoma 98443
ZestfulGardens.org **253-232-0811**

FOOD - TAKEOUT &/OR DELIVERY

LUCKY PALATE MEAL SERVICE

See Ad on Page C13
Tasty, affordable, vegetarian meal delivery
& cooking classes • www.luckypalate.com
307 W McGraw St, Seattle **206-352-2583**

SUNLIGHT CAFE

See Ad on Page C4
Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 **206-522-9060**

TATANKA TAKE-OUT

See Ad on Page C4
Healthy fast food, featuring BISON and
vegetarian, located at 4915 N. Pearl St
Ruston, 98407 **253-752-8778**

GLUTEN FREE FOOD

BELLINGHAM GLUTEN INFO GROUP

See Ad on Page C12
www.Glutenfreeway.info
Info@glutenfreeway.info **360-734-4989**

LUCKY PALATE MEAL SERVICE

See Ad on Page C13
Tasty, affordable, vegetarian meal delivery
& cooking classes • www.luckypalate.com
307 W McGraw St, Seattle **206-352-2583**

VEGAN HAVEN

See Ad on Page C3
Pigs Peace Sanctuary's Vegan Grocery
5270B University Way NE, Seattle
www.veganhaven.org **206-523-9060**

GROCERY STORES

CASCADIAN FARM

See Ad on Page C9
ORGANIC: Berries, Homemade Ice Cream,
Snacks & Preserves. Self-guided Tour.
55749 Hwy 20, Rockport **360-853-8173**

CENTRAL CO-OP

See Ad on Page C13
Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop **206-329-1545**

FULL CIRCLE

See Ad on Page C2 & Coupon Online
We deliver local, organic produce directly
to your door every week.
www.FullCircle.com **866-EAT-WELL**

GRANOLA'S

Your Neighborhood Natural Market
Enjoy Life! Live Naturally!
www.granolas.com **800-270-6421**

MARLENE'S MARKET AND DELI

See Ad on Page C12
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy **253-839-0933**
2951 S 38th St Tacoma **253-472-4080**

NATURE'S MARKET

See Ad on Page C9
www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 **253-854-5395**

OLYMPIA FOOD CO-OP

See Ad on Page C2
Organic & Natural - Everyone Welcome!
921 Rogers St NW, Olympia **360-754-7666**
3111 Pacific Av SE, Olympia **360-956-3870**

ORGANICALLY GROWN

See Ad on Page C9
Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com **253-867-5222**

PCC NATURAL MARKETS

W. Seattle Viewridge Seward Pk Greenlake
Edmonds Fremont Redmond Kirkland Issaquah
www.pccnaturalmarkets.com **9 Locations**

PIKE PLACE MARKET CREAMERY

Raw milk, local dairy & eggs, vegan options,
yogurts and butters in Pike Place Market
1514 Pike Pl #3, Seattle **206-622-5029**

SKAGIT VALLEY FOOD CO-OP

See Ad on Page C12
Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com **360-336-9777**

SNO-ISLE NATURAL FOODS

See Ad on Page C13
Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.snoislefoods.coop **425-259-3798**

GROCERY (CONT.)**VEGAN HAVEN***See Ad on Page C3*

Pigs Peace Sanctuary's Vegan Grocery
5270B University Way NE, Seattle
www.veganhaven.org 206-523-9060

WHOLE FOODS MARKET

3122 Harborview Dr, Gig Harbor 253-851-8120
6810 27th St W, Tacoma 253-565-0188

HEALTH FOODS - SEATTLE**CENTRAL CO-OP***See Ad on Page C13*

Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

FRESH VITAMINS

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

FULL CIRCLE*See Ad on Page C2 & Coupon Online*

We deliver local, organic produce directly
to your door every week.
www.FullCircle.com 866-EAT-WELL

GORDITO'S

Healthy Mexican Food
213 N 85th St
Seattle 98103 206-706-9352

PIKE PLACE MARKET CREAMERY

Raw milk, local dairy & eggs, vegan options,
yogurts and butters in Pike Place Market
1514 Pike Pl #3, Seattle 206-622-5029

HEALTH FOODS - EASTSIDE**FRESH VITAMINS**

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

FULL CIRCLE*See Ad on Page C2 & Coupon Online*

We deliver local, organic produce directly
to your door every week.
www.FullCircle.com 866-EAT-WELL

VITAMIN LIFE*See Ad on Page 16*

15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

HEALTH FOODS - N. KING & S. SNOHOMISH COUNTIES**FRESH VITAMINS**

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

SNO-ISLE NUTRITIONAL FOODS*See Ad on Page C13*

Full service CO-OP with a deli
2804 Grand Ave, Suite M-7, Everett 98201
www.snoislefoods.coop 425-259-3798

TRU HEALTH*See Ad on Page 15*

Quality nutritional products @ Clearview
www.truhealth.com 425-415-8410

WHITEHORSE MEADOWS FARM*See Ad on Page C2*

Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington 360-436-1951

HEALTH FOODS - S. KING & N. PIERCE COUNTIES**THE GRAINERY INC.***See Ad on Page C5*

13629 - 1st Ave. S.
Burien 98168 206-244-5015

MARLENE'S MARKET AND DELI*See Ad on Page C12*

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET*See Ad on Page C9*

www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

ORGANICALLY GROWN*See Ad on Page C9*

Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com 253-867-5222

HEALTH FOODS - TACOMA & OLYMPIA**MARLENE'S MARKET AND DELI***See Ad on Page C12*

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

OLYMPIA FOOD CO-OP*See Ad on Page C2*

Organic & Natural - Everyone Welcome!
921 Rogers St NW, Olympia 360-754-7666
3111 Pacific Ave SE, Olympia 360-956-3870

HEALTH FOODS - MT VERNON, BELLINGHAM, & ETC**FRESH VITAMINS**

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

SKAGIT RIVER RANCH*See Ad on Page C12*

Certified Organic Beef, Pork, Chicken & Eggs
28778 Utopia Rd, Sedro Woolley
Scheduled Delivery 360-856-0722

SKAGIT VALLEY FOOD CO-OP*See Ad on Page C12*

Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

HEALTH FOODS - ON-LINE STORES & WHOLESALE**FLUORIDE FILTRATION***See Ad on Page C9*

Berkey & Seychelle Natural Purification Sys
Modern World Concepts LLC
www.ingest-Less.com 425-280-1513

MOUNTAIN BEEF*See Ad on Page C11*

100% grazed all their lives
www.mountain-beef.com
541-263-1515 509-595-7080

SKAGIT RIVER RANCH*See Ad on Page C12*

Certified Organic Beef, Pork, Chicken & Eggs
28778 Utopia Rd, Sedro Woolley
Scheduled Delivery 360-856-0722

*Support our advertisers. and
please tell them you found them in
the Natural Choice Directory.*

HERBS

THE GRAINERY INC.

See Ad on Page C5

13629 - 1st Ave. S. Burien 206-244-5015

THE HERBALIST

See Ad on Page C11

Northwest Herb Specialist
2106 NE 65th, Seattle 98115
www.theherbalist.com 206-523-2600

HERBAN WELLNESS

See Ad on Page C5

Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-330-2171

SONG CROFT NATURALS

See Ad on Page B10

Body, Skin, Hair Care & Herbal Products
Truly Natural. Truly Safe.
www.songcroftnaturals.com 425-770-1700

SUPER SUPPLEMENTS

www.supersup.com
Name brand vitamins at discount prices
21 store locations near you: 206-838-3988

TENZING MOMO

See Ad on Page C5

Visit us online at www.tenzingmomo.com
93 Pike St - Pike Place Market
Seattle 206-623-9837

TRU HEALTH

See Ad on Page 15

Quality nutritional products @ Clearview
www.truehealth.com 425-415-8410

VISION QUEST BOOKSTORE & WELLNESS CENTER

See Ad on Page D4

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1591

VITAMIN LIFE

See Ad on Page 16

15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

HOMEOPATHIC REMEDIES

THE GRAINERY INC.

See Ad on Page C5

13629 - 1st Ave. S.
Burien 98168 206-244-5015

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

JUICE BARS

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET

See Ad on Page C9

www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

MEAT & SEAFOOD - NATURAL OR ORGANIC

MOUNTAIN BEEF

See Ad on Page C11

100% grazed all their lives
www.mountain-beef.com
541-263-1515 509-595-7080

SKAGIT RIVER RANCH

See Ad on Page C12

Certified Organic Beef, Pork, Chicken & Eggs
28778 Utopia Rd, Sedro Woolley
Scheduled Delivery 360-856-0722

STIEBR'S FARMS

See Ad on Page C7

Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 360-458-3333

TATANKA TAKE-OUT

See Ad on Page C4

Healthy fast food, featuring BISON and vegetarian, located at 4915 N. Pearl St
Ruston, 98407 253-752-8778

PET FOOD & SUPPLIES

(See Also Pet Stores & Supplies in Sect A)

CROWN HILL PET SUPPLY

See Ad on Page C3 & Coupon Online

Your Natural Pet Care Oasis
9053 Holman Rd NW, Seattle 98117
www.crownhillpet.com 206-783-9570

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE BOYS FARM & PET SUPPLY

See Ad on Page C3

17022 Pacific Ave
Spanaway 98387 253-537-8370

NEXT TO NATURE

See Ad on Page C3

Your Pet's Health Food Store
Edmonds • Seattle • Tacoma
www.next-to-nature.com

VEGAN HAVEN

See Ad on Page C3

Pigs Peace Sanctuary's Vegan Grocery
52708 University Way NE, Seattle
www.veganhaven.org 206-523-9060

DOUGLAS R. YEAROUT, DVM

See Ad on Page B21

All Animal & Bird Veterinary Hospital
9004 Vernon Rd, Everett 98258
www.holisticanimaldoc.com 425-334-8171

PHARMACIES - CARRYING NATURAL REMEDIES

BASTYR DISPENSARY

See Ad on Page B19

Indulge With the Highest Quality
Natural Products & Exquisite Gifts
3670 Stone Way N, Seattle 206-834-4114

PRODUCE - NATURAL OR ORGANIC

BOISTFORT VALLEY FARM & CSA

Serving Seattle, E & S King, Tacoma, Olympia
426 Boistfort Road, Curtis WA 98538
boistfortvalleyfarm.com 360-245-3796

CASCADIAN FARM

See Ad on Page C9

ORGANIC: Berries, Homemade Ice Cream,
Snacks & Preserves. Self-guided Tour.
55749 Hwy 20, Rockport 360-853-8173

FULL CIRCLE

See Ad on Page C2 & Coupon Online

We deliver local, organic produce directly
to your door every week.
www.FullCircle.com 866-EAT-WELL

PRODUCE (CONT.)**GRANOLA'S**

Your Neighborhood Natural Market
Enjoy Life! Live Naturally!
www.granolas.com

800-270-6421

MARLENE'S MARKET AND DELI*See Ad on Page C12*

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET*See Ad on Page C9*

www.NaturesMarketKent.com
26011 - 104th Ave SE Kent 253-854-5395

NEW ROOTS ORGANICS

Organic Produce Delivered to Your Door
www.newrootsorganics.com
Seattle 206-261-2500

ORGANIC CONSUMERS ASSOC*See Ad on Page C14*

www.organicconsumers.org
6771 S Silver Hill Dr
Finland, MN 218-226-4164

ORGANICALLY GROWN*See Ad on Page C9*

Fresh & delicious organic produce
8733 South 212th Street, Kent WA
www.organicgrown.com 253-867-5222

PCC NATURAL MARKETS

W. Seattle Viewridge Seward Pk Greenlake
Edmonds Fremont Redmond Kirkland Issaquah
www.pccnaturalmarkets.com 9 Locations

SKAGIT VALLEY FOOD CO-OP*See Ad on Page C12*

Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

SKIPLEY FARM & BOREALIS LANDSCAPE*See Ad on Page C14*

Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.com 206-679-6576

STIEBRS FARMS*See Ad on Page C7*

Certified 100% Organic Eggs, Beef & Feed
www.stiebrsfarms.com
877-710-3276 360-458-3333

WHITEHORSE MEADOWS FARM*See Ad on Page C2*

Certified Organic Blueberries
www.whitehorsemeadowsfarm.com
38302 SR 530 NE, Arlington 360-436-1951

RAW FOOD**CHACO CANYON ORGANIC CAFE***See Ad on Page C7*

3770 SW Alaska St, Sea 206-WEST-SEA
4757 12th Ave NE, Sea 206-5-CANYON
chacocanyoncafe.com

VEGAN HAVEN*See Ad on Page C3*

Pigs Peace Sanctuary's Vegan Grocery
5270B University Way NE, Seattle
www.veganhaven.org 206-523-9060

RESTAURANTS - SEATTLE**ARAYA'S VEGETARIAN PLACE***See Ad on Page C8*

Seattle's Only Vegan Thai Restaurant
31 Bellevue Way NE, Bliv 425-453-1366
5240 Univ Way NE, Sea 206-524-4332

BAMBOO GARDEN

Organic Mexican Cuisine
364 Roy St. (near Seattle Center)
Seattle 98109 206-282-6616

BIMBOS CANTINA

Organic Mexican Food w/Veggie Options
1013 east pike st, Seattle 206-322-9950

CAFE FLORA

A creative world of vegetarian foods
2901 E Madison, Seattle, WA 98112
www.cafe flora.com 206-325-9100

CARMELITA

Savory Vegetarian Fare
7314 Greenwood Ave N, Seattle 98103
www.carmelita.net 206-706-7703

CHACO CANYON ORGANIC CAFE*See Ad on Page C7*

3770 SW Alaska St, Sea 206-WEST-SEA
4757 12th Ave NE, Sea 206-5-CANYON
chacocanyoncafe.com

HOME GROWN SANDWICH SHOP

Fremont * Queen Anne * Capitol Hill
www.eathomegrown.com

JHANJAY VEGETARIAN THAI

1718 N 45th St
Seattle 206-632-1484

LOCAL 360*See Ad on Page C6*

Real Food: Whole, Natural, Sustainable, Local
2234 1st Ave, Seattle 98121
www.local360.org 206-441-9360

LOVING HUT SEATTLE

Be Veg, Go Green, 2 Save the Planet
1226 South Jackson Street, Seattle
lovinghut.us/seattle/ 206-299-2219

PIZZA PI VEGAN PIZZERIA

5500 University Way NE, Seattle 98105
www.pizza-pi.net 206-343-1415

PLUM BISTRO

Vegan restaurants in Seattle & Tacoma
Plum Market | Quickie Too | Plum Bistro
http://www.plumbistro.com/

PORTAGE BAY CAFE

2821 NW Market 206-783-1547
391 Terry Ave N 206-462-6400
4130 Roosevelt Way NE 206-547-8230

SILENCE-HEART-NEST*See Ad on Page C8*

Hearty vegetarian breakfast, lunch and
brunch in a neighborhood setting
3508 Fremont Place N. 206-633-5169

STUMBLING GOAT BISTRO

Organic & Sustainable Ingredients
6722 Greenwood Ave N 206-784-3535

SUNLIGHT CAFE*See Ad on Page C4*

Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 206-522-9060

SUTRA VEGE RESTAURANT

1605 N 45th St, Seattle
www.sutraseattle.com 206-547-1348

THALI HOUSE RESTAURANT

2524 Beacon Ave S, Seattle
www.travelersteaco.com 206-329-6260

THRIVE CAFE

Eat ... Drink ... Live
1026 Northeast 65th Street, Seattle 98115
www.generationthrive.com 206-525-0300

VEGGIE GRILL

446 Terry Ave N, Seattle 206-623-0336
2681 NE U Village St, Sea 206-523-1961
www.vegiegrill.com

WAYWARD CAFE

Premier Vegan Breakfast & Lunch Offerings
waywardvegancafe.com 206-524-0204

WEDGEWOOD VEGETARIAN THAI

No fish sauce. No MSG. Just tons of flavor.
420 Broadway E., Seattle 98102
www.wedgwoodii.com 206-724-0655

RESTAURANTS - EASTSIDE

ARAYA'S VEGETARIAN PLACE

See Ad on Page C8
Seattle's Only Vegan Thai Restaurant
31 Bellevue Way NE, Blv 425-453-1366
5240 Univ Way NE, Sea 206-524-4332

CAFE HAPPY

Family Owned, Vegetarian, Taiwanese Food.
102 Kirkland Ave
Kirkland 425-822-9696

PABLA INDIAN CUISINE RENTON & PABLA VEGGIE CUISINE ISSAQUAH

See Ad on Page C6
364 Renton Cntr Wy SW #C60 Renton
Vegetarian & Kosher 425-228-4625
1420 NW Gilman Blvd Ste N3, Issaquah
www.pablacuisine.com 425-392-4725

UDUPI PALACE

Southern Indian Food
14625 NE 24th St, Bellevue 425-649-0355

RESTAURANTS - N. KING & S. SNOHOMISH COUNTIES

GRILLA BITES ORGANIC CAFE

See Ad on Page C14
Local organic hot spot | Business for Sale
1020 1st Street Ste 104, Snohomish
grillabiteswa@gmail.com 360-568-7333

THE SISTERS RESTAURANT

See Ad on Page C14
www.thesistersrestaurant.com
2804 Grand Ave, Everett 425-252-0480

RESTAURANTS - S. KING & N. PIERCE COUNTIES

MARLENE'S MARKET AND DELI

See Ad on Page C12
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

PABLA INDIAN CUISINE RENTON & PABLA VEGGIE CUISINE ISSAQUAH

See Ad on Page C6
364 Renton Cntr Wy SW #C60 Renton
Vegetarian & Kosher 425-228-4625
1420 NW Gilman Blvd Ste N3, Issaquah
www.Pablacuisine.com 425-392-4725

RESTAURANTS - TACOMA & OLYMPIA

BLUE HERON BAKERY

See Ad on Page C13
Natural Whole Grain Baking Since 1977
4935 Mud Bay Rd, Olympia WA 98502
www.blueheronbakery.com 360-866-2253

THE MARK OLYMPIA

Rustic Italian, Certified Organic Restaurant
407 Columbia Street SW, Olympia
www.themarkolympia.com 360-754-4414

MARLENE'S MARKET AND DELI

See Ad on Page C12
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

PLUM BISTRO

Vegan restaurants in Seattle & Tacoma
Plum Market | Quickie Too | Plum Bistro
http://www.plumbistro.com

TATANKA TAKE-OUT

See Ad on Page C4
Healthy fast food, featuring BISON and
vegetarian, located at 4915 N. Pearl St
Ruston, 98407 253-752-8778

TRADITIONS CAFE & FOLK ART

See Ad on Page C5
Whole foods w/ vegetarian & vegan panini
www.traditionsfairtrade.com
300 5th Ave SW, Olympia 360-705-2819

RESTAURANTS - MT VERNON, BELLINGHAM, ETC

THE DELI NEXT DOOR

Next door to the Skagit Valley Co-op
202 S First St Mt Vernon 360-336-3886

OLD TOWN CAFE

Great breakfasts. Ask for the veggie menu.
316 W Holly, Bellingham 360-671-4431

SKAGIT VALLEY FOOD CO-OP

See Ad on Page C12
Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

SWAN CAFE

Inside the Community Foods Co-op
1220 N Forest, Bellingham 360-734-0542

RESTAURANTS - GREATER PUGET SOUND

LIVING GREEN VEGETARIAN CAFE

630-A Second St
Langley, WA 360-221-8242

SUPPLEMENTS

(See Also Herbs or Vitamins)

CENTRAL CO-OP

See Ad on Page C13
Central Seattle's natural grocery
1600 East Madison, Seattle 98122
www.centralcoop.coop 206-329-1545

FRESH VITAMINS

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

GNC FACTORIA MALL

See Ad on Page C11
Quality Health and Wellness Products
3921 Factoria Blvd SE Blv 425-401-9066

HERBAN WELLNESS

See Ad on Page C5
Herbal Solutions to Common Health Concerns
103 Lake Street S. in Downtown Kirkland
www.herbanwellness.net 206-333-2171

MARLENE'S MARKET AND DELI

See Ad on Page C12
www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

OLYMPIA FOOD CO-OP

See Ad on Page C2
Organic & Natural • Everyone Welcome!
921 Rogers St NW, Olympia 360-754-7666
3111 Pacific Av SE, Olympia 360-956-3870

SUPER SUPPLEMENTS

www.supersup.com
Name brand vitamins at discount prices
21 store locations near you: 206-838-3988

SUPPLEMENTS (CONT.)

TAHOMA CLINIC & DISPENSARY

See Ad on Page B20

www.tahomaclic.com
801 SW 16th Street, Renton, 98055
425-264-0059 425-264-0051

TRU HEALTH

See Ad on Page 15

Quality nutritional products @ Clearview
www.truhealth.com 425-415-8410

VITAMIN LIFE

See Ad on Page 16

15830 Redmond Way, Redmond 98052
www.vitaminlife.com 425-869-7000

TEA, COFFEE, & BEVERAGE

THE GREEN BEANERY

Organic, Fairtrade & Ecofriendly Coffee Stand
13039 NE 70th Place, Kirkland WA 98033
www.the-green-beanery.com 425-893-9760

JAVA BEAN COFFEE .COM

Seattle's Original Organic Coffee Shops
West Seattle: 2920 Avalon Way SW
Ballard: 5819 24th Ave NW

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

MIRO TEA

5405 Ballard Ave NW, Seattle
www.mirotea.com 206-782-6832

THALI HOUSE RESTAURANT

2524 Beacon Ave S, Seattle
www.travelersteaco.com 206-329-6260

UBI'S TEA

Coffee & Tea | Vegan | Gluten-Free | Organic
15011 meridian e, #c, puyallup 253-445-6128
2607 6th Ave, Tacoma 253-572-2550

VEGETARIAN/VEGAN FOOD

ARAYA'S VEGETARIAN PLACE

See Ad on Page C8

Seattle's Only Vegan Thai Restaurant
31 Bellevue Way NE, Bliv 425-453-1366
5240 Univ Way NE, Sea 206-524-4332

CHACO CANYON ORGANIC CAFE

See Ad on Page C7

3770 SW Alaska St, Sea 206-WEST-SEA
4757 12th Ave NE, Sea 206-5-CANYON
chacocanyoncafe.com

DOE BAY RESORT AND RETREAT

See Ad on Page D3

107 Doe Bay Road, Olga WA 98279
www.doebay.com 360-376-2291

LUCKY PALATE MEAL SERVICE

See Ad on Page C13

Tasty, affordable, vegetarian meal delivery
& cooking classes - www.luckypalate.com
307 W McGraw St, Seattle 206-352-2583

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

PABLA INDIAN CUISINE RENTON & PABLA VEGGIE CUISINE ISSAQUAH

See Ad on Page C6

364 Renton Cntr Wy SW #C60 Renton
Vegetarian & Kosher 425-228-4625
1420 NW Gilman Blvd Ste N3, Issaquah
www.Pablacuisine.com 425-392-4725

SILENCE-HEART-NEST

See Ad on Page C8

Hearty vegetarian breakfast, lunch and
brunch in a neighborhood setting
3508 Fremont Place N. 206-633-5169

SKAGIT VALLEY FOOD CO-OP

See Ad on Page C12

Your community natural market since 1973
202 S. 1st St, Mt Vernon 98273
www.skagitfoodcoop.com 360-336-9777

SKIPLEY FARM & BOREALIS LANDSCAPE

See Ad on Page C14

Gil Schieber, Plantsman
Fruits and Veggies. You Pick. CSA.
www.skipleyfarm.com 206-679-6576

SUNLIGHT CAFE

See Ad on Page C4

Creative, hearty vegetarian cooking
6403 Roosevelt Way NE
Seattle, WA 98115 206-522-9060

TRADITIONS CAFE & FOLK ART

See Ad on Page C5

Whole foods w/ vegetarian & vegan panini
www.traditionsfairtrade.com
300 5th Ave SW, Olympia 360-705-2819

VEGAN HAVEN

See Ad on Page C3

Pigs Peace Sanctuary's Vegan Grocery
5270B University Way NE, Seattle
www.veganhaven.org 206-523-9060

VITAMINS

FRESH VITAMINS

Quality + Selection + Service = Best Value!
Four Puget Sound Locations
www.freshvites.com 800-216-1412

GNC FACTORIA MALL

See Ad on Page C11

Quality Health and Wellness Products
3921 Factoria Blvd SE Bliv 425-401-9066

THE GRAINERY INC.

See Ad on Page C5

13629 - 1st Ave. S.
Burien 98168 206-244-5015

GRANOLA'S

Your Neighborhood Natural Market
Enjoy Life! Live Naturally!
www.granolas.com 800-270-6421

THE HERBALIST

See Ad on Page C11

Northwest Herb Specialist
2106 NE 65th, Seattle 98115
www.theherbalist.com 206-523-2600

MARLENE'S MARKET AND DELI

See Ad on Page C12

www.marlenesmarket-deli.com
2565 S Gateway Cntr Pl Fd Wy 253-839-0933
2951 S 38th St Tacoma 253-472-4080

NATURE'S MARKET

See Ad on Page C9

www.NaturesMarketKent.com
26011 - 104th Ave SE
Kent 98030 253-854-5395

www.naturalchoice.net:

your portal to a better world



SUPER SUPPLEMENTS

www.supersup.com

Name brand vitamins at discount prices

21 store locations near you: 206-838-3988

TRU HEALTH

See Ad on Page 15

Quality nutritional products @ Clearview

www.truhealth.com 425-415-8410

VITAMIN LIFE

See Ad on Page 16

15830 Redmond Way, Redmond 98052

www.vitaminlife.com 425-869-7000

WATER

CUSTOM PURE

See Ad on Page C13

Water Filters for Drinking & Showering

1514 NE 179th St, Seattle

www.custompure.com 206-363-0039

FLUORIDE FILTRATION

See Ad on Page C9

Berkey & Seychelle Natural Purification Sys

Modern World Concepts LLC

www.ingest-Less.com 425-280-1513

PURIFIED WATER TO GO

See Ad on Page C9

Ozone Purified, Superior Drinking Water

15600 NE8th St, B8, Bellevue 425-957-3507

8512-122nd Ave NE, Kirkland 425-889-9231

2012 S 314th St, Fed Way 253-941-2150

WEIGHT LOSS PRODUCTS

GNC FACTORIA MALL

See Ad on Page C11

Quality Health and Wellness Products

3921 Factoria Blvd SE Blv 425-401-9066

Reflexology

continued from page B-27

Reflexologists do not prescribe, diagnose, change prescriptions, or analyze.

What Can You Do if You Find Yourself in an Unsafe Situation, say someone touches you inappropriately?

Some foot spas have come to the attention of the media and the law enforcement authority as being a store front for sex trade and human trafficking. These businesses, disguised as reflexologists and massage practitioners, are popping up all over the US, and especially in the northwest.

Prevention is usually the first step in assuring your safety. Before entering a business, look at how it is presented;

- are the front windows blacked out (why would that be)
- does the signage suggest more than reflexology
- is it in a safe place

If you feel safe and enter the business then notice the lobby;

- are the practitioners a little too aggressive for your comfort level
- can you communicate and have a complete understanding with your practitioner
- is it well lit
- how are the practitioners dressed, is it suggestive or business casual
- most Reflexologists wear a sensible low or flat heeled shoe
- is it clean

Before doing anything ask for verification of training, just simply say: "Can you tell me about your training and where is your reflexology certificate and business license?" If not satisfied with the answers you receive, simply state that you would like to think about it and take a business card. Do not give them any personal information or an

email address.

If for instance, you are receiving a reflexology session and the practitioner touches you in an inappropriate manner;

- above the knee, massages your neck, runs their hand up the outside of your body
- tell them to stop what they are doing, that you don't approve of them touching you like that
- get out of the chair or off the table
- gather your personal items and leave right away

When you are away from the facility, contact your local authorities and report your experience. Give them any information you have. Getting a business card can be helpful. They may have you go in and fill out a report. This is a report sensitive type of crime, if you do not report it nothing changes. The authorities do not know what is going on inside the business. Certain agencies perform inspections but do not have enough eyes to see everything. And when you stop to think that there are more humans in slavery and bondage in the US today than in the slave era, reporting is the least one can do.

Choose well and discover other interesting facts about reflexology. Certified Master Reflexologists are professionals whose objective is to care for their clients by reducing stress in a non-invasive method. Washington State is on the list of the nation's highest trained reflexologists. Our schools bring us national and international educators. The state has dedicated a week in September to reflexology and there are several reflexology walks in state parks. Plus you can find a few Certified Master Reflexologists listed here in the Natural Choice Directory.

Kay Morris-Johnson is a Certified Master Reflexologist, and the Owner of Optimal-Self natural health, which serves the Central Puget Sound Area.

Photo: Reflexology Socks By psd. www.flickr.com/photos/psd



FOOD DAY
OCTOBER 24, 2013
www.FoodDay.org

healthy affordable sustainably produced food & a grassroots campaign for better policies.

Please join Americans from all 50 states to celebrate the third annual Food Day at thousands of events, building a movement to change the American food system. Educate. Advocate. Share.

EAT REAL

Delusion, Dissolution, Clarity

By Dale Stubbart

I used to have a delusion. Because it was a nice delusion, it could have been called a delusional fantasy. But delusional fantasies are just nice delusions. Seemingly nice anyway.

Delusion vs Delusion Fantasy

The most common delusional fantasies are:

Everybody will be nice during the holidays. Everybody will be nice at Christmas. Everybody will be nice to me on my Birthday.

My better half/spouse/partner/girlfriend/boyfriend will some day come around to my way of thinking. And, they'll put something away. Or, they won't put it away. And they'll do it that way because they love doing it that way; or at least they'll do it that way because they like me.

Fantasies can be different from delusional fantasies when we know that it's just a fantasy, we have no expectations of it coming to pass.

We can believe that things will change for the better without that being a delusion.

Back to my story.

Getting Past Delusion

My delusion was that Christmas was the one time when everybody was nice to each other. I was so deluded that I didn't realize it was a delusion. I told myself that it happened every year, other than certain obvious characters hadn't gotten the message yet.

My delusion was shattered recently because that's not really what I wanted. I didn't want people to be nice just for the sake of being nice or just for the sake of Christmas. I wanted people to be in real relationship with each other.

Even though people were nice and some were even in real relationships, it didn't matter. I was wanting my delusion more than what I really wanted, and what I really wanted wasn't going to put up with that any more.

So, my delusion shattered. It was very painful. I tried to replace that delusion with other delusions, well if I just do this it will be all right. Or if I just do that it will be all right.

None of those delusions was satisfactory and I fell into dissolution - nothing was right with the world and never would be. The pain of that dissolution caused me to cry out and give up my delusion and give in.

Seeing Clarity

The moment I gave in, clarity came. Clarity to see what was really real, what I really wanted. What I really wanted had pushed those delusions out, so that it could have space to breathe, to live, to be real.

That's not to say I don't still have delusions. I'm not aware of any at the moment, other than the delusion of not having delusions.

It's not that I didn't have real relationships before, but sometimes, like at Christmas, I didn't work as hard as I could have on making relationships real. I didn't because everybody was supposed to be nice and that would cover any shortcomings of real relationships without any work needing to be done, at least on my part. Hah!

Clarity is great. Getting to clarity can suck! But, it's worth it.

Dale Stubbart is a Coach from Yellow Bear Journeys. He guides visitors of his website www.YellowBearJourneys.com to "fall madly in love with their lives".

*Passionate
about
Promoting a
Sustainable
Lifestyle?*

The
Natural
Choice
Directory
is for YOU



Just Be ...

PT/FT
Sales &
Publishing

425-373-1987
editor@NaturalChoice.net

- D14 ADD & Learning Disability**
- D14 Addiction Treatment & Smoking Cessation**
Anger Management (See D: Stress Management)
Astrology (See Metaphysicians)
- D14 Aura & Chakra Clearing & Restructuring**
 Bookstores - Online
- D14 Bookstores - Seattle**
 Bookstores - Eastside
- D14 Bookstores - N. King & S. Snohomish**
 Bookstores - S. King & N. Pierce
 Bookstores - Tacoma & Olympia
 Bookstores - Bellingham, Mt. Vernon, etc
- D14 Ceremonies - Blessings, Weddings & Funerals**
- D14 Channeling**
Childbirth Education (See B: Midwifery or Pregnancy Svc)
Churches (See D: Spiritual Centers)
Color & Light Therapy (See Light & Color Therapy)
- D14 Counseling - Business**
- D14 Counseling - Career**
- D14 Counseling - Child & Family**
- D14 Counseling - Grief**
- D14 Counseling - Holistic**
- D15 Counseling - Marriage & Relationship**
- D15 Counseling - Mind/Body**
- D15 Counseling - Spiritual**
- D16 Crystals, Gemstones, Jewelry & Therapy**
- D16 Dance & Movement**
 Dating Services
- D16 Depression Treatment**
- D16 Dreamwork**
- D16 EMDR**
- D16 Emotional Release Work**
- D16 Energy & Space Clearing**
- D17 Events**
Feng Shui (See Section A: Feng Shui)
Guided Imagery (See also B: Biofeedback)
- D17 Hypnotherapy**
Jungian Analysis (See Dreamwork)
Learning Disabilities (See ADD & Learning Disabilities)
 Libraries & Reading Rooms
- D17 Life Coaches**

Section D

Mind & Spirit



Schools

Bookstores

Counselors

Spiritual Centers

Yoga & Meditation

- D17 Light & Color Therapy**
- D18 Media - Music, CD's, DVD's, & Radio**
Mediation & Conflict Resolution
- D18 Medical Intuitive**
- D18 Meditation**
Men's Studies & Groups
- D18 Metaphysicians**
Movement (See D: Dance & Movement)
- D18 Music & Sound Therapy**
- D18 Neurolinguistic Programming - NLP**
- D18 Past Lives Therapy**
- D18 Personal Growth Training**
- D18 Professional Training**
- D18 Psychics**
Psychologists & Psychiatrists
- D19 Psychotherapy**
Rebirthing
- D19 Retreats**
(See also A: Travel & B: Health Spas)
- D19 Schools - Colleges & Education Centers**
Schools - Pre-School Through Twelve
(See also A: Child Care)
- D19 Shamanism**
Spas (See B: Health Spas)
- D20 Spiritual Centers**
- D20 Spiritual Healing** (See also D: Shamanism)
- D20 Spiritual Tools**
- D20 Stress & Anxiety Management**
- D20 Support Groups**
Tantra
Teen Resources & Groups
- D21 Voice Dialogue**
- D21 Women's Studies & Groups**
- D21 Workshops - Mind & Spirit**
(See also D: Schools)
- D21 Yoga Instruction**
Yoga Products & Supplies

*Clarity is great. Getting to clarity can suck!
But, it's worth it. - Dale Stubbart*

Glossary of Modalities & Terms for Section D

Alexander Technique - In this form of movement education, the practitioner leads the client through a series of lessons designed to improve postural habits, increase freedom of movement, and reduce physical tension. Frederick Mathias Alexander (1869-1955) overcame vocal problems by eliminating tension in the head, neck and back. Today, teachers of his method address a wide variety of problems created initially by poor posture.

Art/Drama/Music Therapies - Using these "expressive" forms of art as a vehicle for change, self-awareness and growth, counselors guide their clients to a resolution of psychological or emotional problems.

Astrology - For centuries, astrologers have theorized that the positioning and movement of stars can have enormous consequences for a person. Today, they use that information to counsel individuals about emotional, professional or health-related problems.

Aura Color Healing - Drawing equally from ancient Hindu beliefs and the work of modern psychic healers, aura or color healers look for a dark or grayish area in a multi-colored aura field surrounding the body to indicate potential health problems. Color healers apply remedial colors where they notice a color deficiency.

Bach Flower Remedies/Flower Essences - A specific cross between homeopathy and herbal medicine developed by English practitioner Dr. Edward Bach, the thirty-eight Bach Flower remedies derived from English wildflowers serve as catalysts to alleviate the underlying causes of stress. Since then, many practitioners have gone beyond Bach to develop a whole range of Flower Essences from a wide variety of American, European and Australian wildflowers.

Body/Mind Counseling - Body/Mind Counseling covers a number of techniques intended to change negative patterns learned from infancy. Counselors in this field tend to use a less structured process

How Spiritual Practice Leads to Happiness

by Ann Pietrangolo, in collaboration with Hirman McGilloway, Susan McGinnis, & Jody Monahan

Does Economic Wellness Lead to Happiness? Reality Casts Doubts.

Despite economic challenges and struggles with poverty, Bhutan is often referred to as one of the happiest countries on earth. With a culture rich in community and spiritual practice, Bhutan considers it a major goal to create an atmosphere where every individual can seek and achieve happiness.

The government of Bhutan uses a Gross National Happiness index to measure happiness among its citizens. Other countries around the world, perhaps recognizing its importance in a wider context, are taking a closer look at what practices help individuals find happiness.

Taking a cue from Bhutan, the Seattle Happiness Initiative surveyed Seattle area residents to learn more about what

it takes to be happy. The report notes that the City Council of Seattle was the first governmental body in the United States to say it would consider the survey results when making policy decisions and allocating resources, a sign that the U.S. is also getting serious about happiness.

Contentment or Happiness?

It is human nature to seek happiness, but what does it take to be truly happy? We can be content with external things like a roof over our heads, food on the table, and a comfortable life. True happiness, however, is deeper, and in many ways, simpler than that.

"Happiness is not something ready made. It comes from your own actions."
- Dalai Lama

A New York Times article earlier this year called the Greek island of Iklaria "the

island where people forget to die," linking happiness and longevity to a sense of connectedness, community, and the lack of focus on material possessions.



The Mind-Body Connection

Often times, we get hung up on our circumstances. Our feelings and reactions

Continued on page D-4

**new
CAREERS**

.....

**enhance
SKILLS**

.....

**explore
WELLNESS**

BASTYR UNIVERSITY

Certificate Programs & Seminars
for the Public & Health Care Professionals

New and pending programs & seminars

- Hypnotherapy
- Aromatherapy
- Medical Qigong
- Indigenous Wisdom Teachings
- CranioSacral Therapy
- Natural Medicine
- & much more!

FREE Info Sessions: 9/10/13, 1/8/14 or 4/9/14. To Register: www.Bastyr.edu/Continuing-Education • 425.602.3152

Orcas Island's best water views & world-class organic cuisine!




www.DoeBay.com
360.376.2291

Relax
•
Nurture
•
Volunteer
•
Adventure

Ocean-view
solar tubs/sauna
On-site café
Live music
Yoga, Massage
Organic garden
Mooring buoy

Cabins, Yurts, Hostel, Campground



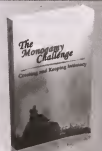
Peter Kane

Counseling,
Breathwork, and
Workshops

Working with individuals, couples
and groups for over 30 years

425.802.2050 Redmond
www.PeterKane.org
blog.PeterKane.org *Bills most insurance*

Author of
"The Monogamy
Challenge:
Creating and
Keeping
Intimacy"



The Monogamy Challenge helps create successful relationships & intimacy in all areas of our lives. Available in e-book, kindle, and print editions. See Peter's web site & blog for more information.



Ancient Wisdom for
Modern Times
MeditateInSeattle.org



Ananda Meditation Temple
Bothell • 425-806-3700

www.AnandaWashington.org
Meditation • Yoga
Art of Living • Teacher Training

Angelica's Gifts for Healing
Ascension, Readings, Counseling,
Past Life Regression

Channeling Messages from
Ascended Masters & Archangels



- Talks to Those Past Over
- Readings & Tarot
- Current & Past Lives Counseling
- Therapeutic Hypnosis/Regression
- Flower Essences Personalized
- Speaker/Workshops
- Paints Your Angel Portrait

Marilyn Redmond, CHT, IBRT
253-645-4907 | www.angelicagifts.com
marilyn@angelicagifts.com

Vision Quest
Bookstore & Wellness Center

A Place to Heal Heart, Mind, Spirit
Through Conscious Connections

Books, Candles, Incense
Herbs for Aromatherapy & Smudging
Crystals, Jewelry, Bath & Body Products
Native American & Meditation Products

425.252.1591
3602 Colby Ave, Everett
VisionQuestCenter.com

spiritual happiness

Continued from page D-3

are influenced by our views, which are controlled by our minds. Being able to control our minds can lead to inner peace. In the class of the Art of a Balanced Life, Western Buddhist monk Gen Khedrub of Kadampa Meditation Center Washington offers a suggestion -- to fully and happily accept circumstances and then act on remediation. Inner peace comes from accepting, rather than fighting or being silently angry at the circumstances. Mind-body practices provide a way to train our minds and attain inner peace.

Practices such as yoga and Tai Chi move the physical body, but also offer a kind of "stillness" that can be difficult to achieve in our fast-paced society. "This can lead to a greater degree of self-awareness and good health, opening the door to meditation and a higher consciousness," says Hriman McGilloway, spiritual director of Washington's Ananda.

Jody Monahan, Kadampa's education program coordinator, says meditation can help us overcome some of life's irritations, and bring us to a place of inner peace. "Inner peace comes from the mind, and when you find that inner peace, you find happiness."

A Sense of Community

People from a variety of backgrounds come to Kadampa seeking ways to reduce stress, relax, or to relieve physical problems. While many people can accomplish this alone, Ms. Monahan says, "A group setting makes it quite special. There is a power in group meditation. It can help us focus on good feelings and bring those feelings into our daily lives, helping us keep a kind heart and cherish others."

Through her work as manager of Seattle's East West Bookshop, Susan McGinnis has the opportunity to meet people from all walks of life who seek relief from things that block their happiness. She says most don't articulate a specific

Glossary

Continued from page D-2

than psychotherapists, utilizing bodywork techniques, lifestyle counseling and even nutritional advice.

Body-Oriented Psychotherapy – This growing and wide-ranging field combines counseling with bodywork. Practitioners believe the most effective changes come when they involve all levels of being: physical, emotional, mental and spiritual. Massage, movement techniques, breathing and body awareness are emphasized.

Dance & Movement Therapy – As a form of psychotherapy, teachers in this field seek to use rhythmic or guided movement for emotional and psychological healing.

Dreamwork – Counselors use a client's dreams to help awaken a better understanding of psychological or emotional disturbances. Some methods focus on teaching a client to do effective dreaming to change basic behavioral patterns or overcome certain problems.

EMDR – Eye Movement Desensitization Reprocessing is used primarily to work with people who have experienced trauma or abuse in their lives and have had recurrent symptoms including nightmares, anxiety or flashbacks. Eye movements coupled with a step-by-step verbal and experimental debriefing of the incident help release a client's own internal resources. This allows a cognitive restructuring of the event along with resolution of the negative emotions.

UNITY HOUSE CENTER

TANA ROSE HAMITER, Shamanic Practitioner, Usui/Karuna Reiki Master/Teacher
(360) 708-6916 • NW Washington • www.unityhousecenter.com • onwingsoflight@gmail.com

What Can REIKI Do?

- ★ Accelerates Physical Healing
- ★ Alleviates Pain & Reduces Stress
- ★ Supports Recovery from Addictions
- ★ Can Promote Deep Emotional Release
- ★ Supports Both Allopathic & Holistic Healing

Classes offered: Usui, Japanese & Karuna® Reiki

Choose your REIKI Master carefully.
Expect experience, long term
commitment, support and a program
that will work for YOU!

Shamanism

- ★ Cross Cultural Shamanism
- ★ Men & Women Drumming Circles
- ★ Soul Retrieval & Extraction Healing
- ★ Private Shamanic Counseling/Mentoring
- ★ Sweat Lodge & Encampments
- ★ Power Animal Retrievals

On Wings of Light Trading Post ~ Shamanic Supplies & Hand Crafts from Around the World

Gift of Reconnection Light Healing



Healing Lights Unlimited

Gifted healer specializing in
emotional & physical wellness,
chakra, spiritual cleansing,
cellular regeneration, space
clearing, and ghost busting.
Pet healing. Hypnotherapy.



Pany Taylor, CHT,
Cert in The Reconnection
& Reconnective Healing
206.450.2477
425.814.4854
HealingLightsUnl.com

Life is a journey, are you on the right path for YOU?...

Free Yourself

with loving and compassionate guidance.

Move forward and uncage yourself from past abuse, negativity,
obstacles, self doubt, and fear in this lifetime and past lives.

Life is too precious to waste time.

All sessions are individualized and effective:

Individual counseling • Couples & family counseling
Hands on healing • Acupuncture • Soul regression
Channeling • Clairvoyance • Psychic • Past life regression

ND, LAC, MS, LMP

www.drjodi.com

Also see ad under
Naturopathic Physicians

Dr. Jodi L. Berg



425-258-2325

By infusing joy and direction into your life you are inviting a celebration of love and light into your heart.

CELLULAR WISDOM

Friedemann Schaub MD, PhD
Author of *The Fear and Anxiety Solution*

Personal Breakthrough & Empowerment Program
Neuro-Linguistic Programming
Pattern Resolution Process
Clinical Hypnotherapy
Time Line Therapy™



Specializing in:

Stress • Anxiety • Depression • Stuckness • Chronic Pain

206 323 2762 • 866.903 MIND • www.CellularWisdom.com • info@CellularWisdom.com

Know ThySelf EAST WEST BOOKSHOP

MIND BODY SPIRIT
COMMUNITY BOOKSTORE

Singing Bowls,
Tuning Forks
Sound Healing

Unique Gifts
& Cards



Resources for
Wellness,
Meditation
& Yoga

Local Products

NEW! Enjoy Locally-made Sandwiches
& Salads in our Tea Garden

DAILY EVENTS

plus Ananda Yoga
& Meditation Classes

www.eastwestbookshop.com

6500 Roosevelt Way NE, Seattle
206-525-5724 / 1-800-597-0002

Hypnosis Works

Break Free & Thrive!

- ◆ Break Free of Habits & Obstacles
- ◆ Create Positive Changes with Ease
- ◆ Discover Your Passion & Purpose
- ◆ Live More Authentically

Get help for: Career & life changes,
stress management, stop smoking,
anxiety & fears, health challenges,
grief & loss, and much more.
Specialized services also available
for fertility, pregnancy, & birth.



Nancy E. Allin, CC, CHT
Certified Counselor
Clinical Hypnotherapist
Life Coach Educator
Birth Doula

Eastside Hypnotherapy Center
Bellevue, Washington

(425) 827-9498
Call Now

serving the Seattle area since 1993

Glossary

Continued from page D-4

Emotional Release Work -

A number of bodywork techniques can be adapted for emotional release work. Practitioners often combine bodywork with verbal counseling to encourage the spontaneous release of fears, emotional traumas and phobias.

Feng Shui -

This ancient Chinese art holds that arranging one's environment into certain harmonious patterns can bring a sense of abundance, balance and happiness into one's life. From the proper placement of the headboard to the addition of water to a garden, Feng Shui combines beautiful design concepts with an underlying sense that a person's space can be an important factor in their psychological and spiritual well-being.

Guided Imagery -

This technique concentrates on using images or symbols to train the mind to create a definitive physiological or psychological effect. Practitioners may teach clients how to relieve physical problems caused by stress, such as tension headaches. The technique has also been effectively used in some cancer treatment programs for pain management.

Holistic Counseling -

Practitioners focus on the whole person, with a special emphasis on how the mind is connected directly to the body, and how a person thinks and feels affects him or her at a cellular level.

Hypnotherapy -

First developed by Anton Mesmer (1734-1815), hypnotic techniques can induce everything from a light to a heavy hypnotic state to help a client overcome psychological or physical problems. From helping

Licensed Mental Health Counselor PSYCHOTHERAPY WITH SPIRITUAL SENSITIVITY

Mindfulness-based therapy • Clinical hypnotherapy
EMDR (Eye Movement Therapy)
Lifespan integration • Relationship issues
Personality parts work • Trauma resolution
Addictions including sex

30 years experience • Most insurance plans accepted

Sue Neufeld-Ellis, LMHC, CSAT, RN

www.quantumhealingus | Bellevue office 425.455.4207





Anxiety on a Cellular Level

by Friedemann Schaub, MD, PhD

Cellular Memory: How Our Cells Become Stressed & Anxious

Emotions and beliefs are stored not only in our subconscious but also in our cells. For 2,000 years, the concept of cellular memory has been an essential part of traditional Chinese medicine. Recently, cellular memory has also received greater recognition in allopathic medicine and Western science. The role of cellular memory was studied in heart-transplant recipients. In several documented cases, patients experienced puzzling changes in their tastes, preferences, behaviors, emotions, and habits after waking up from surgery; the new traits turned out to be distinctive characteristics of the organ donors. Strikingly, none of the recipients knew anything about the donors prior to noticing changes in themselves, which suggests that those traits were

remembered and encoded by the cells of the transplanted organs.

The exact means by which cells store emotions and memories are still unknown. In his book *The Biology of Belief*, cell biologist Bruce Lipton provided evidence suggesting that the behavior and identity of a cell is to a large extent determined by the interactions between neurotransmitters and cell receptors, specialized proteins in the cell membrane. Neurotransmitters function as messengers between the nervous system and the rest of our body and



are released by neurons and some glands, such as the adrenals and the pituitary gland. Fear and anxiety cause the secretion of stress hormones, a special group of neurotransmitters that includes adrenalin, noradrenalin, and cortisol into the bloodstream from where they are able to reach most cells in our bodies. As they bind to specific membrane

receptors like keys fitting into their corresponding locks, they initiate distinctive responses and chemical changes within the cells.

Continued on page D-9

A place to be ... a place to become

Retreats and
Workshops
for Spiritual,
Intellectual
and Personal
Growth



Women come together for education, skill building, healing, reflection, self-expression, prayer and times of quiet. In the stillness of this space, within the hearts of those who are gathered, the value and strength of the feminine is affirmed, relationships with God and with one another are nourished and supported.

WomanSpirit Center
425-641-1527

1400 112th Ave SE, Ste 100
Bellevue WA 98004

www.womanspiritcenter.com

WOMAN SPIRIT
CENTER

FEELING STUCK?

RELATIONSHIPS, COUPLES & INDIVIDUALS


- Relationship building
- Communication skill building
- Couples conflict
- Depression, Stress, Anger
- Individual growth
- Life & goal planning
- Identity, Self-esteem
- Professional development

Patricia M. Davis MSW, LMHC
AN INNER RESOURCE SERVICE, INC.

Sliding fees / Evenings
(206) 932-5706

Mind & Spirit

D



find your joy!

**BODY-PSYCHOTHERAPY
OF SEATTLE**

Individual & Group Therapy
Core Energetics/ Evolution

206-920-9766
Aylee Welch, LICSW
www.bodypsychotherapy.us

REIKI OASIS

Renew Refresh Remember
Reiki Sessions & Training Available
Music, Meditation & Behavior Modification


Love the Energy
Usui/Tibetan Reiki Master Teacher
Certified Music Practitioner
Free Soul Psychic Instructor
Clinical Hypnotherapist
Classes offered locally and worldwide

425.985.9513 Billy *Dr. Billy Teacher*
Info@ReikiOasis.com  ReikiOasis



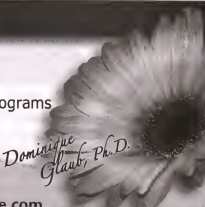
Why Am I Here?

- Past-Lives & Beyond
- Spiritual Regression Therapy
- Deep Soul Transformation Programs



30 years exp.
Seattle Downtown
Complimentary phone interview
206.387.8384
www.AwarenessForLife.com

*Dominique
Glantz, Ph.D.*



**Stop
Smoking in
One Hour.
Lifetime
Guarantee!**

**Hypnosis makes
it easy!**

Sue Ellen Longwell
cert. hypnotherapist/NLP, cert. counselor

425-252-5804
www.SueEllenLongwell.net
20 years same location
Transforming Arts Studio Everett



Weight
Loss & Life
Transitions




Healthy Living, Healing & Hope

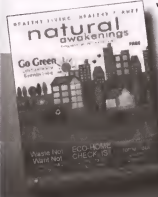
**natural
awakenings**

Go Green
Eco-Friendly
Eco-Friendly
Eco-Friendly

Your free monthly magazine for
sustainable, healthy living

**natural
awakenings®**

Free! Learn more:
SeattleAwakenings.com  



Glossary

Continued from page D-6

people to overcome a craving for cigarettes to managing chronic pain from an illness or accident, trained hypnotherapists work with a wide variety of problems.

Huna – Derived from the actual ancient philosophy and practices of the *Kahuna* of old Hawaii, Huna means "secret" and is a way of life. The Huna system incorporates the knowledge of religion, psychology, and psychic science for more abundant, healthy & effective living.

Intuitive/Medical Intuitive

– Intuitives help their clients reach a better understanding of their character, past influences and future prospects. Practitioners may choose to use various forms of divination (tarot, astrology, numerology) in their work or they may rely on natural psychic talents. They focus on health issues affecting the client.

Light & Color Therapy –

Uses frequency information emanating from the different rays of color and light for medicinal and healing purposes. Treatments affect the body, psyche, heart, soul, attitude and symptoms simultaneously.

Meditation – A mental technique, meditation helps to focus and calm the mind, creating a restful state of physical being.

Music/Sound Therapy –

Therapists in this field utilize music or sound to improve a client's sense of emotional, physical and spiritual health and well-being. Various experiments with music have shown a range of benefits for all types of situations, from the elderly suffering from Alzheimer's to young people with learning disabilities.

Continued on page D-10

Anxiety

Continued from page D-7

Stress hormones mobilize the body's energy reserves and increase breathing, heart rate, and blood pressure, which allows oxygen-enriched blood to move more rapidly to the brain and muscles. The body is getting ready to manage the source of anxiety by fighting it, running away from it, or as a last resort, playing dead. Stress hormones also stimulate so-called transcription factors that migrate to the cell nucleus and activate specific genes. Gene activation leads to the increased production of certain proteins that are required for the cells to respond adequately to the ongoing stress. So when stress hormones travel through the body and activate the cells' stress responses over and over again, as they do in cases of chronic anxiety, the results can be long-term changes in metabolism, structure, and behavior of cells. The cells take on a new identity: "I am stressed and anxious."

Impact of Stress & Anxiety on Health

These adaptations to stress and anxiety cannot be sustained without harming the delicate homeostasis of the individual cells and the balance of the entire body. For example, the resulting increase in oxidative stress leads to accumulation of free radicals, which cause stress-related cell damage. Free radicals can injure all components of a cell, including telomeres, which are specific DNA sequences on the end of chromosomes. Telomeres are designed to protect chromosomes from degradation and prevent them from fusing with each other. Research has shown that cells of people suffering from chronic stress have significantly shortened telomeres, which means that these people are at higher risk for accelerated aging, cancer, and autoimmune and heart diseases.

Continued on page D-20

Inspiring movement for practical change

INNER SPACE STUDIO

MARGARET Z. SUTRO

M.A., Licensed Mental Health Counselor
Central Seattle

206.715.2327

Margaret@InnerSpaceStudio.net

Counseling • EMBER HOURS Retreats

Live your dreams!



June BlueSpruce, MPH
Shamanic Dreamer and Healer

I can help you:

- Navigate life changes
- Use dreams to guide you
- Heal illness and trauma
- Manage chronic conditions
- Walk your heart's true path

Skilled at bridging Western and alternative approaches.

junebluespruce.com 206.579.1203

Sunray Counseling

a place for hope and healing

Sheryl R. Brown, MS, LMFT
Licensed Marriage & Family Therapist

425-652-1413

425-369-1314 (vm)

sunraycounseling.com

sheryl@sunraycounseling.com



Theresa Nuccio

LICSW LMP

Psychotherapy • Reiki
EMDR • Energy Psychology

in Seattle
206-324-5616
www.theresanuccio.net

Body, Mind & Spirit
Our Path to Wholeness

Doniella Boaz, LMHC

Interactive counseling brings:

Clarity for ♦ Self-image ♦ Relationships
Resolution for ♦ Trauma ♦ Abuse ♦ Depression ♦ PTSD

Open and affirming
33 years experience

Bellevue
Lake Forest Park

(206) 443-5433
www.DoniellaBoaz.com



Cheryl Cromer

Ph. D. Metaphysics

Psychic Consultant

Gain insight into the present, foresight into the future
and guidance to help you create the life you want.

Readings by appointment (in person or by phone)

www.cherylcromer.com

(206) 286-0969



**Inner Source
Counseling**

*Atmosphere of warmth, openness and respect.
Together we will find the most effective path
to reach your healing.*

Kathryn Larsson ^{MSW}

Over 30 Years Experience

206.933.1710

www.inner-source.com

Intuitive Investigation Services, LLC



Accurate, Confidential and Professional

SEAN MICHAEL

Cert. Psychic Medium, Reiki Master Teacher, Psychic Talk Radio Host

Readings (Phone/Direct)

Investigations • Paranormal Research

206-734-9377 www.callseanmichael.com



**Alice Buehring CC,
Integrative
Therapist**

**Change your life and achieve things
you've not yet dared to imagine!**

**Spiritual Life Coach, Cert. Counselor
Healing Codes Practitioner**

360.793.4930 • 866.860.4139
blog: www.yourspirituallifecoach.com
www.lifeforcealternatives.com



Northwest Yoga Conference
www.nwyogaconference.com
March 7-9, 2014



**FUZION
HEALING ARTS**

Minding The Heart. Mending the Soul.

Transpersonal Psychotherapy
Clinical Hypnotherapy
Energy Psychology
Astrological Insights
EMDR

Leslie Ciechanowski, M.Ed, LMHC
fuzionhealingarts.com • 206.334.5416



Glossary

Continued from page D-8

Neurodevelopmental Therapy – This drug-free approach seeks to treat neurobehavioral disorders such as ADD/ADHD or dyslexia at the root of the behavior. Neurodevelopmental therapists work with clients to identify weak pathways and subsystems in the brain and nervous system while developing movement and mental rehearsal programs to create enhanced functioning of these systems.

Neuro-Linguistic Programming (NLP) – This set of techniques works on almost a hypnotic level to change unconscious patterns of thought, behavior and language. NLP practitioners look for clues in a person's set speech and behavior patterns and then provide the mental tools that clients can use to alter that behavior.

Past Lives/Regression Therapy – Based on the belief that current physical and emotional problems stem from unresolved issues from early childhood or even past lives, therapists use hypnosis or other techniques to bring a patient to an altered state of consciousness and to help the individual finally resolve the root causes of their problems.

Rebirthing – As first developed by Leonard Orr, Rebirthing sought to help people experience a rush of healing energy while releasing long-held psychological or physical pain. By using focused, circular breathing techniques, practitioners work with clients to free stored tensions from the mind and body.

Continued on page D-12

Spiritual Happiness

Continued from page D-4

desire to find happiness, but a wish to embrace a wider view of the universe and to understand their place in it.

The shop features books about conscious living and functions as somewhat of a community center, or "an oasis to recharge," as Ms. McGinnis puts it. "We offer mind, body, and spirit support, and inspiration for life's journey."

McGinnis, who also teaches yoga philosophy, continues, "We fulfill the spirit of community, letting people connect with like-minded souls. Happiness comes from a sense of belonging to something greater than oneself, and of doing for others."

Spiritual Practices

Even in the face of poverty, illness, or other worldly troubles, spiritual practice can lead us to happiness. "With an inner spiritual life, we realize that our power to deal appropriately with difficult circumstances comes from within, and from our center we can draw upon a higher power," says Mr. McGilloway. "A Spirit-centric life sees life's hardships as offering us wisdom, purification, and an opportunity to live by a divine rather than man-made will."

Realistic, Practical, and Happy

"God, as the source of all creation, is the ultimate creator and sustainer and contact with God [as each of us understands God] brings to us increasingly a sense of wellbeing, happiness, and fulfillment," explains McGilloway. "This is not exclusive to our family, community, or duties, for is not the Divine present in all creation? We cannot turn our back on our own and this world and expect to find a happiness somewhere else or in rejection of the reality in which we find ourselves."

McGilloway points to some of the world's greatest spiritual leaders—Mahatma Gandhi, for example, who

Continued on page D-12



Sonqo: Shamanic Healing Arts... Easing, Releasing, Balancing, Unfolding, Becoming

Experience transformational ancient wisdom and weave a different way of walking in the world.

- Peruvian Shamanic Practitioner
- Usui Reiki Master
- Certified Minister & Spiritual Healer
- Private sessions by appointment
- Classes and workshops



Alison Lanse, RN

www.Go2SONQO.com
innyadine@aol.com
H: 425-334-9403 • C: 425-346-1691

Channeled Angel Readings



Liz is an international spiritual channel and travels the globe offering people inner knowledge and the opportunity to gain self-awareness. She offers thorough, concise and specific information to heal mind, body and spirit. Her private consultations help provide tools for change and personal insight. This is not like any reading you have had.

Understand, reveal or unblock your:

- Personal Issues
- Childhood traumas
- Relationship patterns
- Phobias and fears
- Past life blockages
- Health Issues
- Wealth-Business
- Depression-Anxiety
- Or anything important to you now!



Liz MacDonald

www.angelreading.com
liz@angelreading.com
206 367 5683

UNITY HOUSE CENTER WORKSHOPS

TANA ROSE HAMITER • Life Coach

Workshops of Self Discovery

(360) 708-6916 • NW Washington

www.unityhousecenter.com



Mind & Spirit

D

Hypotherapy Training

Clinical - Past Life - Transpersonal

with Mary Lee LaBay, PhD, CI

at **Bastyr University**

No Previous Experience Needed

- 50 CEUs/Module

www.Bastyr.edu

marylee@maryleelabay.com



discover

Linda G. Sims Counseling and Yoga

Psychotherapy & Yoga Therapy
for Adult Individuals & Couples
To support health and well-being in mind, body,
and spirit

Specializing in Stress Management, Anxiety,
Depression, Relationship Issues,
Trauma Recovery, Chronic Health Conditions

Linda G. Sims, LMHC, RYT, CYT
253-404-0501 • Tacoma / Federal Way
lindagsims counseling.com

Spiritual Happiness

Continued from page D-11

were not only spiritual, but also realistic and very practical. Gandhi chose not to ignore the harsh realities of the world in which we live; yet, spiritual happiness did not elude him.

"Happiness is when what you think, what you say, and what you do are in harmony." - Mahatma Gandhi

Self-Awareness, Community, and Something Greater

When talk turns to happiness, a common theme keeps recurring - self-awareness, sense of community, and the feeling that we are part of something greater than ourselves.

McGilloway sums it up rather nicely, "If you're feeling disconnected, where do you begin, except with yourself?"



SALVEO
COUNSELING CENTER

Innovative & Effective
Psychiatric Care

EMDR
Life Span Integration
Energy Healing
Licensed Counselors
Psychiatric Medication

425.868.5777

SalveoCounseling.com

References: The Island Where People
Forget to Die, New York Times | Seattle
Happiness Initiative Report Card

Ann Pietrangelo is the author of "No More
Secs!", and a member of the American Society
of Journalists and Authors. Her website is
www.AnnPietrangelo.com.

Hirman McGilloway is the Spiritual
Director of Ananda Washington, www.
AnandaWashington.org.

Susan McGinnis is the manager of East West
Bookshop, www.eastwestbookshop.com

Jody Monahan is the Education Program
Coordinator of Kadampa Meditation Center,
www.MeditateInSeattle.org.

Photos: PhotoXpress.com



Glossary

Continued from page D-10

Stress Management -

Practitioners teach patients how to lessen the impact of stress on their well-being. Exact techniques vary depending on the practitioner's training and interests.

Shamanism/Shamanic

Healing - Many people associate shamanic healing with the use of Native American rituals to help correct a spiritual or physical imbalance within a person. However, every culture has its shamanic healing rituals in its spiritual traditions, and today shamanic healers in North America may draw from Tibetan rituals or African teachings as easily as from Native American thoughts.

Tantra - 3000-year-old Tantra techniques integrate sexuality (solo and relationship) into Whole-Being spiritual energy upliftment/bliss. Practitioners vary widely in sacred sexuality experiences and techniques taught.

Yoga Instruction - Yoga instruction is a general term for a range of body-mind exercise practices used to access consciousness and encourage physical and mental well-being. Some forms concentrate on achieving perfection in posture and alignment of the body; others aim at mental control to access higher consciousness. Between these two forms are yogas that focus on the interrelationship of body, mind, and energy.

Glossary primarily written by Rosemary Jones, with subsequent revisions to reflect the changes in the fields of practice and the marketplace.

ZENITH SUPPLIES

Your complete massage store!

Lotions & Bulk Oils
Essential & Fragrance Oils
Soap & Candle Making supplies
Massage Tables & Chairs

Alternative Healthcare
& Yoga Products
S.A.D. Lighting

6300 Roosevelt Way N.E., Seattle, WA 98115

(206) 525-7997 • (800) 735-7217

www.zenithsupplies.com • We do mail order UPS everyday



ALTERNATIVE TALK
1150 AM KKNW

Want to host a radio show? Your path begins here...

Call Marilyn 425-653-1024 marilynm@1150kknw.com

Weekday mornings on Seattle's
Alternative Talk Station, KKNW 1150 AM



CONSCIOUS TALK
RADIO THAT MAKES A DIFFERENCE

also on

KLCK 98.9 FM Digital HD • KSBN 1230 AM in Spokane

Free daily podcast • Visit us online at www.conscioustalk.net

Streaming live to 152 countries, 7 to 8 a.m. PST
on www.conscioustalk.net

Listen to hundreds of archived shows including: Marianne Williamson, Richard Bach, Gary Zukov, Dr. Deepak Chopra, Arjuna Ardagh, Neale Donald Walsch, Arielle Ford, Dr. Wayne Dyer, plus editors of Utne Reader, The Herb Companion, EnlightenNext, Natural Home Magazine, and the Publisher of Mother Earth News

Changing the world, one listener at a time!

*Start your day in a powerful way and
experience the difference from the inside out!*

with your
hosts
Rob
Spears &
Brenda
Michaels



Discover for yourself that Conscious Talk is truly a movement in raising consciousness... one listener at a time... from the inside out. We invite you to join us in making a difference.

**Available Now! Personal Healing Consultations
with Brenda Michaels or Rob Spears**

Get help to get beyond where you're stuck with your physical, emotional and spiritual healing challenges.
Visit www.conscioustalk.net for more information or call (425) 427-6730 for an appointment.

A.D.D. & LEARNING DISABILITIES

AMEN CLINICS

See Ad on Page 2

There is Hope. We are here for you.
616 120th Ave NE, Ste C100, Bellevue
www.amenclinics.com 425-455-7500

ADDICTION TREATMENT & SMOKING CESSATION

AMEN CLINICS

See Ad on Page 2

There is Hope. We are here for you.
616 120th Ave NE, Ste C100, Bellevue
www.amenclinics.com 425-455-7500

BRIDGET BOYLAN, PT, LAC

See Ad on Page B13

Holistic Health for the Body Mind & Spirit
www.5eacupunctureand.com
Everett & Bellingham 425-876-2255

SUE ELLEN LONGWELL

See Ad on Page D8

Hypnosis makes it easy!
2905-A Hewitt Ave, Everett, 98201
www.sueellenlongwell.net 425-252-5804

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

AURA & CHAKRA CLEARING & RESTRUCTURING

DR. JODI BERG, ND, LAC, MS, LMP

See Ad on Page D5

Treating the Whole Person | www.drjodi.com
Psychic Healing and Counseling
3903 Colby, Everett 425-258-2325

SHILA MOA, HOLISTIC HEALER

See Ad on Page B22

Barbara Brennan School of Healing
Intuitive Healer & Applied Kinesiologist
www.shilamoa.com 360-734-2861

BOOKSTORES - SEATTLE

EAST WEST BOOKSHOP

See Ad on Page D6

6500 Roosevelt Way NE, Seattle
eastwestbookshop.com 206-523-3726

KADAMPA BUDDHIST CENTER

See Ad on Page D4

Teachings and Prayers for World Peace
6556 - 24th Ave NW, Seattle WA 98117
MeditateInSeattle.org 206-526-9565

BOOKSTORES - N. KING & S. SNOHOMISH COUNTIES

VISION QUEST BOOKSTORE & WELLNESS CENTER

See Ad on Page D4

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1591

CEREMONIES - BLESSINGS, WEDDINGS, FUNERALS, ETC.

A SACRED MOMENT

See Ad on Page A9

Home Funeral Vigils and Green Burials
Serving Everett, Mill Creek & Snohomish Co.
www.asacredmoment.com 425-316-8290

FENG SHUI THE SPIRIT OF PLACE

See Ad on Page A7

Mastery level feng shui for auspicious results. More than 20 years of experience.
fengshuithespiritofplace.com 206-361-9382

OPTIMAL-SELF NATURAL HEALTH

See Ad on Page B22 & Coupon Online

Kay Morris-Johnson, Master Reflexologist
Reiki Master, & Reference Point Practitioner
www.optimal-self.com 253-217-6159

PEOPLE'S MEMORIAL FUNERAL COOP

See Ad on Page A8

Green Burial & Carbon Neutral Cremation
1801 12th Avenue, Seattle
www.funerals.coop 206-529-3800

CHANNELING

CHANNELED ANGEL READINGS

See Ad on Page D11

Get the answers you need to make your own decisions in life: www.angelreading.com
Liz MacDonald 206-367-5683

COUNSELING - BUSINESS

CHERYL CROMER, PH.D.

See Ad on Page D9

Psychic Consultant • www.cherylcromer.com
1817 Queen Anne Ave N. #406, Seattle
Appt: 206-286-0969 Ofc: 206-369-2373

COUNSELING - CAREER

LIFEFORCE NATURAL HEALING ALTERNATIVES

See Ad on Page D10

Alice Buehring, CC, Integrative Therapist
www.lifeforce-natural.com
360-793-4930 866-860-4139

COUNSELING - CHILD & FAMILY

SHERYL R. BROWN, MS, LMFT

See Ad on Page D9

Compassionate • Caring • Confidential
Relationship / Couples / Women's Issues
Eastside Office Location 425-652-1413

INNER SOURCE COUNSELING

See Ad on Page D10

Kathryn Larsson, MSW, West Seattle
www.inner-source.com 206-933-1710

COUNSELING - GRIEF

SHERYL R. BROWN, MS, LMFT

See Ad on Page D9

Compassionate • Caring • Confidential
Relationship / Couples / Women's Issues
Eastside Office Location 425-652-1413

SALVEO COUNSELING

See Ad on Page D12

Innovative & Effective Psychiatric Care
17130 Avondale Way NE Ste 114, Redmond
www.salveocounseling.com 425-868-5777

YELLOW BEAR JOURNEYS

See Ad on Page D10

Journey's through the open heart.
www.yellowbearjourneys.com
Dale Stubbart 360-918-8121

COUNSELING - HOLISTIC

(See Also Psychotherapy)

NANCY E. ALLIN, CC, CHT

See Ad on Page D6

Certified Counselor • Life Coach
Clinical Hypnotherapist • Doula
BirthYourDreams.com 425-827-9498

DONIELLA BOAZ, LMHC

See Ad on Page D9

Individuals and Couples
Offices: Belltown • Lake Forest Park
DoniellaBoaz.com 206-443-5433

**BODY-PSYCHOTHERAPY OF SEATTLE,
AYLEE WELCH, LICSW**

See Ad on Page D8

Core Energetics & Other Modalities
Individual, Couple & Group Therapy
bodypsychotherapy.us 206-910-9766

DOMINIQUE GLAUB, PH.D.

See Ad on Page D8

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

INNER SOURCE COUNSELING

See Ad on Page D10

Kathryn Larsson, MSW, West Seattle
www.inner-source.com 206-933-1710

PETER KANE

See Ad on Page D3

30+ years experience. Office in Redmond.
Bills most health insurance policies
www.PeterKane.org 425-802-2050

SUE ELLEN LONGWELL

See Ad on Page D8

Hypnosis makes it easy!
2905-A Hewitt Ave, Everett, 98201
www.sueellenlongwell.net 425-252-5804

UNITY HOUSE CENTER WORKSHOPS

See Ad on Page D11

Tana Rose Hamiter, Shamanic Practitioner
Workshops of Self Discovery
unityhousecenter.com 360-708-6916

**COUNSELING -
MARRIAGE/RELATIONSHIP**

AN INNER RESOURCE SERVICE INC

See Ad on Page D7

Feeling stuck? Improve your life.
Improve relationships. Get results!
Patricia M Davis, MSW/LHMC
Sliding fees/evenings 206-932-5706

DONIELLA BOAZ, LMHC

See Ad on Page D9

Individuals and Couples
Offices: Belltown • Lake Forest Park
DoniellaBoaz.com 206-443-5433

SHERYL R. BROWN, MS, LMFT

See Ad on Page D9

Compassionate • Caring • Confidential
Relationship / Couples / Women's issues
Eastside Office Location 425-652-1313

FERN LIFE CENTER

See Ad on Page B10

Keesha Ewers, PhD, ARNP
410 Newport Way NW, Ste B, Issaquah
www.fernlifecenter.com 425-391-3376

DOMINIQUE GLAUB, PH.D.

See Ad on Page D8

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

PETER KANE

See Ad on Page D3

30+ years experience. Office in Redmond.
Bills most health insurance policies
www.PeterKane.org 425-802-2050

**LIFEFORCE NATURAL HEALING
ALTERNATIVES**

See Ad on Page D10

Alice Buehring, CC, Integrative Therapist
www.lifeforcenatural.com
360-793-4930 866-860-4139

SALVEO COUNSELING

See Ad on Page D12

Innovative & Effective Psychiatric Care
17130 Avondale Way NE Ste 114, Redmond
www.salveocounseling.com 425-868-5777

COUNSELING - MIND/BODY

NANCY E. ALLIN, CC, CHT

See Ad on Page D6

Certified Counselor • Life Coach
Clinical Hypnotherapist • Doula
BirthYourDreams.com 425-827-9498

DR. JODI BERG, ND, LAC, MS, LMFT

See Ad on Page D5

Treating the Whole Person | www.drjodi.com
Psychic Healing and Counseling
3903 Colby, Everett 425-258-2325

**BODY-PSYCHOTHERAPY OF SEATTLE,
AYLEE WELCH, LICSW**

See Ad on Page D8

Core Energetics & Other Modalities
Individual, Couple & Group Therapy
bodypsychotherapy.us 206-910-9766

FUZION HEALING ARTS

See Ad on Page D10

Minding the Heart and Mending the Soul
www.fuzionhealingarts.com
Office in Seattle 206-334-5416

INNER SPACE STUDIO

See Ad on Page D9

Inspiring Movement for Practical Change
2808 E. Madison St. Ste 206, Seattle
Margaret Sutro, MA, LMHC 206-715-2227

THERESA NUCCIO, LICSW, LMP

See Ad on Page D9

Psychotherapy • EMDR • Reiki
Individuals & Couples • In Seattle
www.TheresaNuccio.net 206-324-5616

**UNITY HOUSE CENTER -
TANA ROSE HAMITER**

See Ad on Page D5

Shaman • Reiki/Karuna Master/Teacher
Workshops of Self Discovery • Trading Post
unityhousecenter.com 360-708-6916

COUNSELING - SPIRITUAL

(See Also Shamanism)

ANGELICA'S GIFTS

See Ad on Page D4

Marilyn Redmond, BA, IBRT, CHT
Health • Healing • Happiness
www.angelicagifts.com 253-845-4907

CHRISTINE ARUNDELL

See Ad on Page A10

Home/Office Organizer • Life Transition
Coach • Shift From Clutter to Clarity!
youessentialsolutions.com 425-917-1211

DR. JODI BERG, ND, LAC, MS, LMP

See Ad on Page D5

Treating the Whole Person | www.drjodi.com
Psychic Healing and Counseling
3903 Colby, Everett 425-258-2325

CHANNELED ANGEL READINGS

See Ad on Page D11

Get the answers you need to make your
own decisions in life: www.angelreading.com
Liz MacDonald 206-367-5683

CHERYL CROMER, PH.D.

See Ad on Page D9

Psychic Consultant • www.cherylcromer.com
1817 Queen Anne Ave N. #406, Seattle
Appt: 206-286-0969 Ofc: 206-369-2373

FUZION HEALING ARTS

See Ad on Page D10

Minding the Heart and Mending the Soul
www.fuzionhealingarts.com
Office in Seattle 206-334-5416

COUNSELING (CONT.)**DOMINIQUE GLAUB, PH.D.***See Ad on Page D8*

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

**LIFEFORCE NATURAL HEALING
ALTERNATIVES***See Ad on Page D10*

Alice Buehring, CC, Integrative Therapist
www.lifeforcenatural.com
360-793-4930 866-860-4139

SUE NEUFELD-ELLIS, LMHC, CSAT, RN*See Ad on Page D6*

Psychotherapy with Spiritual Openness
Anxiety • Depression • Relationship • Trauma
www.quantumhealing.us 425-455-4207

SONQO ~ IN SNOHOMISH*See Ad on Page D11*

Shamanic Consultations ~ Classes ~ Reiki
Innayni@aol.com 425-334-9403
www.Go2SONQO.com 425-346-1691

**CRYSTALS, GEMSTONES,
JEWELRY & THERAPY****EAST WEST BOOKSHOP***See Ad on Page D6*

6500 Roosevelt Way NE, Seattle
eastwestbookshop.com 206-523-3726

O'MALLEY & POTTER*See Ad on Page B22*

"FEEL-GOOD" PRODUCTS™
23716 8th Ave SE Suite A, Bothell
feelgoodproducts.com 425-485-6260

**VISION QUEST BOOKSTORE &
WELLNESS CENTER***See Ad on Page D4*

www.visionquestcenter.com
3602 Colby Ave, Everett 425-252-1511

DANCE & MOVEMENT**ANITA BOSER HELLERWORK***See Ad on Page B25*

Restoring Alignment, Agility & Awareness
www.anitahellerworker.com
Issaquah Office 425-765-2713

INNER SPACE STUDIO*See Ad on Page D9*

Inspiring Movement for Practical Change
2808 E. Madison St. Ste 206, Seattle
Margaret Sutro, MA, LMHC 206-715-2227

MOVEMENT FROM WITHIN*See Ad on Page B12*

Carrie Lafferty: PT • Feldenkrais • Qi Gong
feldenkraisteachersinseattle.com
movementfromwithin.net 206-459-1773

NIA SEATTLE*See Ad on Page B12*

Have Fun. Get Fit. Get Loose.
Workshops and Classes Near You.
www.niaseattle.com 425-985-8653

DEPRESSION TREATMENT**DONIELLA BOAZ, LMHC***See Ad on Page D9*

Individuals and Couples
Offices: Belltown • Lake Forest Park
DoniellaBoaz.com 206-443-5433

CELLULAR WISDOM*See Ad on Page D6*

Accelerated Healing through Mind-Body
Integration • Friedemann Schaub, MD, PhD
www.cellularwisdom.com 206-323-2762

SUE NEUFELD-ELLIS, LMHC, CSAT, RN*See Ad on Page D6*

Psychotherapy with Spiritual Openness
Anxiety • Depression • Relationship • Trauma
www.quantumhealing.us 425-455-4207

DREAMWORK**JUNE BLUESPRUCE, MPH***See Ad on Page D9*

Shamanic Practitioner
Improve your health & live your dreams.
junebluespruce.com 206-579-1203

EMDR**DONIELLA BOAZ, LMHC***See Ad on Page D9*

Individuals and Couples
Offices: Belltown • Lake Forest Park
DoniellaBoaz.com 206-443-5433

SALVEO COUNSELING*See Ad on Page D12*

Innovative & Effective Psychiatric Care
17130 Avondale Way NE Ste 114, Redmond
www.salveocounseling.com 425-868-5777

SUE NEUFELD-ELLIS, LMHC, CSAT, RN*See Ad on Page D6*

Psychotherapy with Spiritual Openness
Anxiety • Depression • Relationship • Trauma
www.quantumhealing.us 425-455-4207

THERESA NUCCIO, LICSW, LMP*See Ad on Page D9*

Psychotherapy • EMDR • Reiki
Individuals & Couples • in Seattle
www.TheresaNuccio.net 206-324-5616

EMOTIONAL RELEASE WORK**ANGELICA'S GIFTS***See Ad on Page D4*

Marilyn Redmond, BA, IBRT, CHT
Health • Healing • Happiness
www.angelicagifts.com 253-845-4907

HEALING LIGHTS UNLIMITED*See Ad on Page D5*

Available for House Calls ... by Pany Taylor
healinglightsunl.com • Pany315@msn.com
425-814-4854 206-450-2477

KIM LANEY LMP CSP*See Ad on Page B25*

SHEN* Physio-Emotional Therapy
Acutonics
www.acu-shen.com 206-920-7436

SEAN MICHAEL INTUITIVE SERVICES*See Ad on Page D10*

Psychic, Spiritual Medium, Metaphysician
Offices in Tacoma, Bellevue & Port Townsend
callseanmichael.com 206-734-9377

SUE NEUFELD-ELLIS, LMHC, CSAT, RN*See Ad on Page D6*

Psychotherapy with Spiritual Openness
Anxiety • Depression • Relationship • Trauma
www.quantumhealing.us 425-455-4207

OPTIMAL-SELF NATURAL HEALTH*See Ad on Page B22 & Coupon Online*

Kay Morris-Johnson, Master Reflexologist
Reiki Master, & Reference Point Practitioner
www.optimal-self.com 253-217-6159

ENERGY & SPACE CLEARING**HEALING LIGHTS UNLIMITED***See Ad on Page D5*

Available for House Calls ... by Pany Taylor
healinglightsunl.com • Pany315@msn.com
425-814-4854 206-450-2477

www.naturalchoice.net:*your portal to a better world*

SEAN MICHAEL INTUITIVE SERVICES

See Ad on Page D10

Psychic, Spiritual Medium, Metaphysician
Offices in Tacoma, Bellevue & Port Townsend
callseanmichael.com 206-734-9377

EVENTS - MIND & SPIRIT

A SACRED MOMENT

See Ad on Page A9

Home Funeral Vigils and Green Burials
Serving Everett, Mill Creek & Snohomish Co.
www.asacredmoment.com 425-316-8290

AMMA

See Ad on Page 12

Experience the Blessings of the Divine Mother
www.karunamayl.org/tour/Tour-Schedule.html
www.karunamaylammaseattle.com/
425-337-2940

NORTHWEST YOGA CONFERENCE

See Ad on Page D10

Lynnwood Convention Ctr, March 7-9, 2014
www.nwyogaconference.com

PEOPLE'S MEMORIAL FUNERAL COOP

See Ad on Page A8

Green Burial & Carbon Neutral Cremation
1801 12th Avenue, Seattle
www.funerals.coop 206-529-3800

HYPNOTHERAPY

ABINTRA WELLNESS CENTER

See Ad on Page B16 & Coupon Online

Healing through Touch.
Greenlake Neighborhood
www.abintrawellness.com 206-522-9384

NANCY E. ALLIN, CC, CHT

See Ad on Page D6

Certified Counselor • Life Coach
Clinical Hypnotherapist • Doula
BirthYourDreams.com 425-827-9498

AWARE EATING

See Ad on Page B6

Stop Over Eating, Hypnotherapy, Free Consult
Life Coaching for Women.
www.awareeating.com 206-789-1764

CELLULAR WISDOM

See Ad on Page D6

Accelerated Healing through Mind-Body
Integration • Friedemann Schaub, MD, PhD
www.cellularwisdom.com 206-323-2762

FUZION HEALING ARTS

See Ad on Page D10

Minding the Heart and Mending the Soul
www.fuzionhealingarts.com
Office in Seattle 206-334-5416

DOMINIQUE GLAUB, PH.D.

See Ad on Page D8

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

HEALING LIGHTS UNLIMITED

See Ad on Page D5

Available for House Calls! ... by Pany Taylor
healinglightsunl.com * Pany315@msn.com
425-814-4854 206-450-2477

INNER SOURCE COUNSELING

See Ad on Page D10

Kathryn Larsson, MSW, West Seattle
www.inner-source.com 206-933-1710

MARY LEE LABAY, PH.D, CI

See Ad on Page D11

Hypnotherapy Training at Bastyr University
Clinical - Past Life - Transpersonal
www.maryleelabay.com 425-562-7277

SUE ELLEN LONGWELL

See Ad on Page D8

Hypnosis makes it easy!
2905-A Hewitt Ave, Everett, 98201
www.sueellenlongwell.net 425-252-5804

LIFE COACHES

(See Also Counseling)

NANCY E. ALLIN, CC, CHT

See Ad on Page D6

Certified Counselor • Life Coach
Clinical Hypnotherapist • Doula
BirthYourDreams.com 425-827-9498

AN INNER RESOURCE SERVICE INC

See Ad on Page D7

Feeling stuck? Improve your life.
Improve relationships. Get results!
Patricia M Davis, MSW, LHMC
Sliding fees/evenings 206-932-5706

CHRISTINE ARUNDELL

See Ad on Page A10

Home/Office Organizer • Life Transition
Coach • Shift From Clutter to Clarity!
youessentialsolutions.com 425-917-1211

AWARE EATING

See Ad on Page B6

Stop Over Eating, Hypnotherapy, Free Consult
Life Coaching for Women.
www.awareeating.com 206-789-1764

JUNE BLUESPRUCE, MPH

See Ad on Page D9

Shamanic Practitioner
Improve your health & live your dreams.
junebluespruce.com 206-579-1203

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

SHERYL R. BROWN, MS, LMFT

See Ad on Page D9

Compassionate • Caring • Confidential
Relationship / Couples / Women's issues
Eastside Office Location 425-652-1413

DOMINIQUE GLAUB, PH.D.

See Ad on Page D8

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

LIFEFORCE NATURAL HEALING ALTERNATIVES

See Ad on Page D10

Alice Buehring, CC, Integrative Therapist
www.lifeorceatnatural.com
360-793-4930 866-860-4139

REIKI OASIS • LORETTA BROWN

See Ad on Page D8

The place to quench your spiritual thirst!
2050 112th Ave NE, Ste 220, Bellevue
www.ReikiOasis.com 425-985-9513

UNITY HOUSE CENTER WORKSHOPS

See Ad on Page D11

Tana Rose Hamiter, Shamanic Practitioner
Workshops of Self Discovery
unityhousecenter.com 360-708-6916

LIGHT & COLOR THERAPY

CYNTHIA CHOMOS

See Ad on Page A7

Feng Shui / Color Design / Energy Clearing
Home & Business Consultations, Speaker
CynthiaChomos.com 206-919-0107

Put your effort where your heart is ... !

The Natural Choice Directory is seeking full/part time associates. Please call us at 425-373-1987.

**MEDIA: MUSIC, CD'S,
DVD'S, & RADIO****ALTERNATIVE TALK RADIO***See Ad on Page 16*

www.1150kknw.com

1-888-298-KKNW

425-653-1150

CONSCIOUS TALK*See Ad on Page D13*

Radio that makes a difference.

Mon Thru Fri 7-8 AM PST, KKNW 1150 AM

www.conscioustalk.net

425-427-6730

MEDICAL INTUITIVE**SHILA MOA, HOLISTIC HEALER***See Ad on Page B22*

Barbara Brennan School of Healing

Intuitive Healer & Applied Kinesiologist

www.shilamoa.com

360-734-2861

MEDITATION**ANANDA***See Ad on Page D4*

Meditation & Yoga for Self-Realization

23305 Bothell-Everett Hwy, Bothell

Meditation Temple & Offices 425-806-3700

EAST WEST BOOKSHOP*See Ad on Page D6*

6500 Roosevelt Way NE, Seattle

eastwestbookshop.com 206-523-3726

KADAMPA BUDDHIST CENTER*See Ad on Page D4*

Teachings and Prayers for World Peace

6556 - 24th Ave NW, Seattle WA 98117

MeditateInSeattle.org 206-526-9565

KULA MOVEMENT*See Ad on Page B12*

Center for Yoga & Health

5340 Ballard Ave NW, Seattle 98107

www.kulamovement.com 206-972-2999

LINDA SIMS, LMHC, RYT, CYT*See Ad on Page D12*

Psychotherapy and Yoga Therapy

Offices in Tacoma and Federal Way

lindagsims counseling.com 253-404-0501

URBAN FLOAT*See Ad on Page B15*

Renew. Refresh. Revive

3420 Fremont Ave N, Seattle

www.urbanfloat.com 206-257-4333

YELLOW BEAR JOURNEYS*See Ad on Page D10*

Journey's through the open heart.

www.yellowbearjourneys.com

Dale Stubbart

360-918-8121

METAPHYSICIANS**CHERYL CROMER, PH.D.***See Ad on Page D9*

Psychic Consultant • www.cherylcromer.com

1817 Queen Anne Ave N. #406, Seattle

Appt: 206-286-0969 Ofc: 206-369-2373

SEAN MICHAEL INTUITIVE SERVICES*See Ad on Page D10*

Psychic, Spiritual Medium, Metaphysician

Offices in Tacoma, Bellevue & Port Townsend

callseanmichael.com

206-734-9377

MUSIC & SOUND THERAPY**REIKI OASIS • LORETTA BROWN***See Ad on Page D8*

The place to quench your spiritual thirst!

2050 112th Ave NE, Ste 220, Bellevue

www.ReikiOasis.com 425-985-9513

**NEUROLINGUISTIC
PROGRAMMING - NLP****CELLULAR WISDOM***See Ad on Page D6*

Accelerated Healing through Mind-Body

Integration • Friedemann Schaub, MD, PhD

www.cellularwisdom.com 206-323-2762

PAST LIVES THERAPY**ANGELICA'S GIFTS***See Ad on Page D4*

Marilyn Redmond, BA, IBRT, CHT

Health • Healing • Happiness

www.angelicagifts.com 253-845-4907

DOMINIQUE GLAUB, PH.D.*See Ad on Page D8*

Regression Therapy / Past-lives & Beyond

Deep Soul Transformation Programs

Seattle

206-387-8384

MARY LEE LABAY, PH.D, CI*See Ad on Page D11*

Hypnotherapy Training at Bastyr University

Clinical - Past Life - Transpersonal

www.maryleelabay.com 425-562-7277

**PERSONAL GROWTH
TRAINING****AN INNER RESOURCE SERVICE INC***See Ad on Page D7*

Feeling stuck? Improve your life.

Improve relationships. Get results!

Patricia M Davis, MSW/LHMC

Siding fees/evenings 206-932-5706

CHERYL CROMER, PH.D.*See Ad on Page D9*

Psychic Consultant • www.cherylcromer.com

1817 Queen Anne Ave N. #406, Seattle

Appt: 206-286-0969 Ofc: 206-369-2373

PROFESSIONAL TRAINING**BASTYR UNIV CONTINUING EDUCATION***See Ad on Page D3*

Mind-Body-Spirit Seminars & Programs

www.Bastyr.edu/Continuing-Education

14500 Juanita Dr NE, Kenmore 425-602-3152

EMERALD FENG SHUI INSTITUTE*See Ad on Page A7*

Feng Shui Consultations & Prof. Training

Creating Spaces for Abundance & Health

cre8tivefengshui.com 206-526-0513

FELDENKRAIS TEACHERS IN SEATTLE*See Ad on Page B16*

Find Teachers, Classes, and Workshops

www.FeldenkraisTeachersInSeattle.com

"MOVE well, be well"

MARY LEE LABAY, PH.D, CI*See Ad on Page D11*

Hypnotherapy Training at Bastyr University

Clinical - Past Life - Transpersonal

www.maryleelabay.com 425-562-7277

**NORTHWEST ACADEMY FOR THE
HEALING ARTS***See Ad on Page 15*

2707 California Ave SW, #201, Seattle

www.nw-academy.com 206-932-5950

PSYCHICS**ANGELICA'S GIFTS***See Ad on Page D4*

Marilyn Redmond, BA, IBRT, CHT

Health • Healing • Happiness

www.angelicagifts.com 253-845-4907

DR. JODI BERG, ND, LAC, MS, LMP

See Ad on Page D5

Treating the Whole Person | www.drjodi.com
Psychic Healing and Counseling
3903 Colby, Everett 425-258-2325

CHANNELED ANGEL READINGS

See Ad on Page D11

Get the answers you need to make your own decisions in life: www.angelreading.com
Liz MacDonald 206-367-5683

CHERYL CROMER, PH.D.

See Ad on Page D9

Psychic Consultant • www.cherylcromer.com
1817 Queen Anne Ave N. #406, Seattle
Appt: 206-286-0969 Ofc: 206-369-2373

SEAN MICHAEL INTUITIVE SERVICES

See Ad on Page D10

Psychic, Spiritual Medium, Metaphysician
Offices in Tacoma, Bellevue & Port Townsend
callseanmichael.com 206-734-9377

REIKI OASIS • LORETTA BROWN

See Ad on Page D8

The place to quench your spiritual thirst
2050 112th Ave NE, Ste 220, Bellevue
www.ReikiOasis.com 425-985-9513

PSYCHOTHERAPY

(See Also Counseling)

AMEN CLINICS

See Ad on Page 2

There is Hope. We are here for you.
616 120th Ave NE, Ste C100, Bellevue
www.amenclinics.com 425-455-7500

AN INNER RESOURCE SERVICE INC

See Ad on Page D7

Feeling stuck? Improve your life.
Improve relationships. Get results!
Patricia M Davis, MSW,LMHC
Sliding fees/evenings 206-932-5706

DONIELLA BOAZ, LMHC

See Ad on Page D9

Individuals and Couples
Offices: Belltown • Lake Forest Park
DoniellaBoaz.com 206-443-5433

BODHICITTA HEALING CENTER

See Ad on Page B17

Integrative Healthcare with Heart
www.bodhicittahealingcenter.com
704 Warren Ave N, Seattle 206-547-3387

www.naturalchoice.net

your portal to a better world

BODY-PSYCHOTHERAPY OF SEATTLE,

AYLEE WELCH, LICSW

See Ad on Page D8

Core Energetics & Other Modalities
Individual, Couple & Group Therapy
bodypsychotherapy.us 206-910-9766

FUZION HEALING ARTS

See Ad on Page D10

Minding the Heart and Mending the Soul
www.fuzionhealingarts.com
Office in Seattle 206-334-5416

INNER SOURCE COUNSELING

See Ad on Page D10

Kathryn Larsson, MSW, West Seattle
www.inner-source.com 206-933-1710

INNER SPACE STUDIO

See Ad on Page D9

Inspiring Movement for Practical Change
2808 E. Madison St. Ste 206, Seattle
Margaret Sutro, MA, LMHC 206-715-2227

KULA MOVEMENT

See Ad on Page B12

Center for Yoga & Health
5340 Ballard Ave NW, Seattle 98107
www.kulamovement.com 206-972-2999

THERESA NUCCIO, LICSW, LMP

See Ad on Page D9

Psychotherapy • EMDR • Reiki
Individuals & Couples • in Seattle
www.TheresaNuccio.net 206-324-5616

SALVEO COUNSELING

See Ad on Page D12

Innovative & Effective Psychiatric Care
17130 Avondale Way NE Ste 114, Redmond
www.salveocounseling.com 425-868-5777

LINDA SIMS, LMHC, RYT, CYT

See Ad on Page D12

Psychotherapy and Yoga Therapy
Offices in Tacoma and Federal Way
lindagsimsconsulting.com 253-404-0501

RETREATS

(See Also Travel in Sect A and Health
Spas in Sect B)

DOE BAY RESORT AND RETREAT

See Ad on Page D3

107 Doe Bay Road, Olga WA 98279
www.doebay.com 360-376-2291

WOMANSPIRIT CENTER

See Ad on Page D7

Retreats* Spiritual Center* Personal growth
1400 112th Ave SE Suite 100 Bellevue
womanspiritcenter.com 425-641-1527

SCHOOLS - COLLEGES & EDUCATION CENTERS

ALEXANDAR SCHOOL OF NATURAL THERAPEUTICS

See Ad on Page 5

www.alexandarmassageschool.com
4026 Pacific Av Tacoma 253-473-1142

BASTYR UNIV CONTINUING EDUCATION

See Ad on Page D3

Mind-Body-Spirit Seminars & Programs
www.Bastyr.edu/Continuing-Education
14500 Juanita Dr NE, Kenmore 425-602-3152

NORTHWEST ACADEMY FOR THE HEALING ARTS

See Ad on Page 15

2707 California Ave SW, #201, Seattle
www.nw-academy.com 206-932-5950

NORTHWEST REIKI CENTER

See Ad on Page B19

Reiki Classes, Master Training, Circle
4205 148th Ave NE, Bellevue 98007
www.nwreikicenter.org 425-736-6980

SOMA INSTITUTE OF NEUROMUSCULAR INTEGRATION*

See Ad on Page 14

6mo program transforming the relationship to self, others, & the environment
soma-institute.org 360-829-1025

WUHSING TAO SCHOOL

See Ad on Page B18

Five Element Acupuncture School
4000 NE 41st St., Bldg D, Ste 1, Seattle
www.wuhsing.org 206-324-7188

SHAMANISM

JUNE BLUESPRUCE, MPH

See Ad on Page D9

Shamanic Practitioner
Improve your health & live your dreams.
junebluespruce.com 206-579-1203

SONQO ~ IN SNOHOMISH

See Ad on Page D11

Shamanic Consultations ~ Classes ~ Reiki
innayni@aol.com 425-334-9403
www.Go2SONQO.com 425-346-1691

UNITY HOUSE CENTER - TANA ROSE HAMITER

See Ad on Page D5

Shaman - Reiki/Karuna Master/Teacher
Workshops of Self Discovery - Trading Post
unityhousecenter.com 360-708-6916

SPIRITUAL CENTERS

ANANDA

See Ad on Page D4

Meditation & Yoga for Self-Realization
23305 Bothell-Everett Hwy, Bothell
Meditation Temple & Offices 425-806-3700

KADAMPA BUDDHIST CENTER

See Ad on Page D4

Teachings and Prayers for World Peace
6556 - 24th Ave NW, Seattle WA 98117
MeditateInSeattle.org 206-526-9565

SPIRITUAL HEALING

(See Also Shamanism)

DOMINIQUE GLAUB, PH.D.

See Ad on Page D8

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

HEALING LIGHTS UNLIMITED

See Ad on Page D5

Available for House Calls ... by Pamy Taylor
healinglightsunl.com * Pamy315@msn.com
425-814-4854 206-450-2477

QUANTUM POSSIBILITIES

See Ad on Page B22

Biofeedback & Energetic Practitioner
www.quantumpossibilities.biz * Tukwila
Call: 206-920-3397 206-433-5111

YELLOW BEAR JOURNEYS

See Ad on Page D10

Journey's through the open heart.
www.yellowbearjourneys.com
Dale Stubbart 360-918-8121

SPIRITUAL TOOLS

CHANNELED ANGEL READINGS

See Ad on Page D11

Get the answers you need to make your own
decisions in life: www.angelreading.com
Liz MacDonald 206-367-5683

STRESS & ANXIETY MANAGEMENT

AN INNER RESOURCE SERVICE INC

See Ad on Page D7

Feeling stuck? Improve your life.
Improve relationships. Get results!
Patricia M Davis, MSW, LHMC
Sliding fees/evenings 206-932-5706

CELLULAR WISDOM

See Ad on Page D6

Accelerated Healing through Mind-Body
Integration • Friedemann Schaub, MD, PhD
www.cellularwisdom.com 206-323-2762

CENTER FOR NETWORK CARE

See Ad on Page 7

Chiropractic Care • Dr. Dick Shepard, DC
8301 8th Ave. NW, Seattle
www.networkcare.org 206-525-4155

DR. TERESA TELI CHEN, LAC, OMD

See Ad on Page B24

Health Tune Up • Pain • Stress
Weight Loss • Allergy • Insurance Accepted
12501 Bel-Red Rd, Ste 110 206-818-8012

THE DYSPONESIS PROJECT, LLC

See Ad on Page B16

Community Style Acupuncture
www.dysponesisproject.com

HEALING MASSAGE STUDIO

See Ad on Page B20

West Seattle and Bellevue Locations
Lynn Lord, LMP 206-935-2620

HEALING TOUCH WASHINGTON STATE

See Ad on Page B16

www.healingtouchwashingtonstate.net
Energy Healing Practitioners & Classes in
Seattle, Tacoma & Olympia area

LIFEFORCE NATURAL HEALING ALTERNATIVES

See Ad on Page D10

Alice Buehring, CC, Integrative Therapist
www.lifeforcenatural.com
360-793-4930 866-860-4139

NEW HEALTH MEDICAL CENTER

See Ad on Page B6

Hospital Privileges • Insurance Accepted
23700 Edmonds Way, Edmonds
www.newhealthmed.com 425-775-6001

LINDA SIMS, LMHC, RYT, CYT

See Ad on Page D12

Psychotherapy and Yoga Therapy
Offices in Tacoma and Federal Way
lindsims counseling.com 253-404-0501

SUPPORT GROUPS

WOMANSPRIT CENTER

See Ad on Page D7

Retreats* Spiritual Center* Personal growth
1400 112th Ave SE Suite 100 Bellevue
womanspiritcenter.com 425-641-1527

Anxiety

Continued from page D-9

The Addiction to Stress & Anxiety

Another significant way anxiety can affect us on a cellular level is when our cells literally become addicted to it. As cells add to the constant stimulation caused by chronic stress, fear, and anxiety, they change their dietary habits. They become so used to being activated and fueled by stress hormones that they may crave these neurotransmitters after we've reverted to a calm and relaxed state of mind.

If you think it's impossible for the body to become addicted to its own hormones and their effects, consider self-proclaimed "stress junkies"—those people who love living on the edge and thrive on such activities as race-car driving, bungee jumping, rock climbing, and then relax with a few hours of "special ops" video gaming. These people often say they need adrenaline rushes to feel alive. Or take avid runners, of which I am one, who can become so dependent on the release of endorphins they experience while running (the "runner's high") that they'll start nervously tapping their feet on the days they can't get to their ten-mile fix.

If we can develop a physical addiction to drugs, such as alcohol, nicotine, and pain medication, or to the neurotransmitters that are released by thrill-seeking and running, why shouldn't it be possible for us to also become addicted to anxiety? It's perfectly conceivable that chronic fear and anxiety makes our cells demand their daily dose of stress hormones, as well as endorphins and opioids, which are also released in response to these emotions. There is no scientific proof for this hypothesis, but to my knowledge, it's never been thoroughly investigated either.

You may have experienced firsthand the effects of these cellular cravings. Everything is stable and peaceful in your

life, and then an inner restlessness arises, causing you to search for something to worry about—the devastation of the rainforest or the little bump on your skin that you've had for years but now wonder if it might be cancer after all.

Targeting the Root Causes of Stress & Anxiety

Releasing fear and anxiety in and of itself cannot create permanent change on a subconscious and cellular level. You might feel great for a while, but at some point, your subconscious and your cells might undergo an identity crisis or experience drastic withdrawal symptoms because they are still craving stress hormones. Both have been conditioned by fear and anxiety and, therefore, aren't comfortable without these emotions.

So it's important to replace the old anxiety-driven identity with a new foundation of self at the subconscious and cellular level. This new foundation needs to elicit powerful and positive emotions that prompt the release of other neurotransmitters, such as dopamine and serotonin, which stimulate and recondition your cells to a feeling of calmness and confidence. This way, you will transfer your new identity from your conscious mind to the subconscious and cellular levels and thus truly embody it.

Friedemann Schaub, MD, PhD, is a physician specializing in cardiology and molecular biologist who has helped many with his Personal Breakthrough and Empowerment program. He practices at Cellular Wisdom in Seattle, Washington.

Photo:
Gasp derived
from the
work of Ian
Kobylanski.
flickr.com/
photos/
iankoblanski



VOICE DIALOGUE

PETER KANE

See Ad on Page D3

30+ years experience. Office in Redmond.
Bills most health insurance policies
www.PeterKane.org 425-802-2050

WOMEN'S STUDIES/GROUPS

WOMANSPIRIT CENTER

See Ad on Page D7

Retreats* Spiritual Center* Personal growth
1400 112th Ave SE Suite 100 Bellevue
womanspiritcenter.com 425-641-1527

WORKSHOPS & CLASSES - MIND & SPIRIT

ANANDA

See Ad on Page D4

Meditation & Yoga for Self-Realization
23305 Bothell-Everett Hwy, Bothell
Meditation Temple & Offices 425-806-3700

BASTYR UNIV CONTINUING EDUCATION

See Ad on Page D3

Mind-Body-Spirit Seminars & Programs
www.Bastyr.edu/Continuing-Education
14500 Juanita Dr NE, Kenmore
425-602-3152

EMERALD FENG SHUI INSTITUTE

See Ad on Page A7

Feng Shui Consultations & Prof. Training
Creating Spaces for Abundance & Health
cre8tivefengshui.com 206-526-0513

FELDENKRAIS TEACHERS IN SEATTLE

See Ad on Page B16

Find Teachers, Classes, and Workshops
www.FeldenkraisTeachersInSeattle.com
"MOVE well, be well"

DOMINIQUE GLAUB, PH.D.

See Ad on Page D8

Regression Therapy / Past-lives & Beyond
Deep Soul Transformation Programs
Seattle 206-387-8384

INNER SPACE STUDIO

See Ad on Page D9

Inspiring Movement for Practical Change
2808 E. Madison St. Ste 206, Seattle
Margaret Sutro, MA, LMHC 206-715-2227

KADAMPA BUDDHIST CENTER

See Ad on Page D4

Teachings and Prayers for World Peace
6556 - 24th Ave NW, Seattle WA 98117
MeditateInSeattle.org 206-526-9565

MARY LEE LABAY, PHD, CI

See Ad on Page D11

Hypnotherapy Training at Bastyr University
Clinical - Past Life - Transpersonal
www.maryleelabay.com 425-562-7277

NORTHWEST ACADEMY FOR THE HEALING ARTS

See Ad on Page 15

2707 California Ave SW, #201, Seattle
nw-academy.com 206-932-5950

NORTHWEST REIKI CENTER

See Ad on Page B19

Reiki Classes, Master Training, Circle
4205 148th Ave NE, Bellevue 98007
www.nwreikicenter.org 425-736-6980

SONQO - IN SNOHOMISH

See Ad on Page D11

Shamanic Consultations ~ Classes ~ Reiki
innayni@aol.com 425-334-9403
www.Go2SONQO.com 425-346-1691

UNITY HOUSE CENTER WORKSHOPS

See Ad on Page D11

Tana Rose Hamiter, Shamanic Practitioner
Workshops of Self Discovery
unityhousecenter.com 360-708-6916

WOMANSPIRIT CENTER

See Ad on Page D7

Retreats* Spiritual Center* Personal growth
1400 112th Ave SE Suite 100 Bellevue
womanspiritcenter.com 425-641-1527

YOGA INSTRUCTION

ANANDA

See Ad on Page D4

Meditation & Yoga for Self-Realization
23305 Bothell-Everett Hwy, Bothell
Meditation Temple & Offices 425-806-3700

GODDESS SANCTUARY SPA & HEALING CENTER

See Ad on Page B27

Detox, Relax, & Restore Your Whole Being
goddesssanctuaryspa.com 425-825-8306

KULA MOVEMENT

See Ad on Page B12

Center for Yoga & Health
5340 Ballard Ave NW, Seattle 98107
www.kulamovement.com 206-972-2999

LINDA SIMS, LMHC, RYT, CYT

See Ad on Page D12

Psychotherapy and Yoga Therapy
Offices in Tacoma and Federal Way
lindasimscounseling.com 253-404-0501

Be Heard & Be a Winner!

We value your opinion. Help us serve you better by filling out the Reader Survey. Each month a restaurant gift certificate will be awarded to the party with the "most constructive" idea.

We respect your privacy. All responses will be kept confidential. Please return completed survey to :

Natural Choice Directory
227 Bellevue Way NE, #100
Bellevue, WA 98004
Fax: 425.988.0160

You can also fill out the survey online at
www.NaturalChoice.net/Survey.php

We look forward to hearing from you soon.

Mind & Spirit

D

**Monthly
Restaurant
Gift Certs
for the most
Constructive
Idea!**

Reader Survey

I use the Print Directory _____ times a month.

Topics most frequented (1=never, ..., 5=very often):

- | | | |
|--|--|---|
| <input type="checkbox"/> Alternative Energy | <input type="checkbox"/> Green Building | <input type="checkbox"/> Household Services |
| <input type="checkbox"/> Household Products | <input type="checkbox"/> Healthcare Services | <input type="checkbox"/> Food Stores |
| <input type="checkbox"/> Supplements/Herbs | <input type="checkbox"/> Restaurants | <input type="checkbox"/> Counselors |
| <input type="checkbox"/> Spiritual Resources | <input type="checkbox"/> Education/Schools | <input type="checkbox"/> Yoga/Meditation |

I use www.naturalchoice.net _____ times a month.

Information most accessed (1=never, ..., 5=very often):

- | | | |
|--|--|---|
| <input type="checkbox"/> Articles | <input type="checkbox"/> Blogs | <input type="checkbox"/> Events |
| <input type="checkbox"/> Alternative Energy | <input type="checkbox"/> Green Building | <input type="checkbox"/> Household Services |
| <input type="checkbox"/> Household Products | <input type="checkbox"/> Healthcare Services | <input type="checkbox"/> Food Stores |
| <input type="checkbox"/> Supplements/Herbs | <input type="checkbox"/> Restaurants | <input type="checkbox"/> Counselors |
| <input type="checkbox"/> Spiritual Resources | <input type="checkbox"/> Education/Schools | <input type="checkbox"/> Yoga/Meditation |

How often does directory searches lead to calls/visits to practitioners?

- ☐ < 25% ☐ 25%-49% ☐ 50%-75% ☐ > 75%

What is the main reason when you do not call a NCD advertiser?

- ☐ Practitioner(s) not in my geography ☐ Practitioner(s) not providing the service
☐ Practitioner(s) not qualified enough ☐ Not sure what the practitioner(s) do(es)

Please elaborate _____

What improvement(s) you would like to see in the Directory?

Name 3 of your most frequently visited websites:

Name 3 of your most favorite hobbies:

Please tell us a little about yourself:

- Gender: ☐ M ☐ F Age: ☐ <24 ☐ 25-34 ☐ 35-44 ☐ 45-64 ☐ 65+
- Marital Status: ☐ Single ☐ Married Num in Household _____
- Annual Household Inc: ☐ <\$20K ☐ \$20K-\$49K ☐ \$50-\$74K ☐ \$75K+
- Highest Education: ☐ High School ☐ Assoc ☐ College ☐ Adv Degree

Please give us your contact information (if you want to win an award!)

Alphabetical Index of Display Advertisers

A Sacred Moment	A9	Boaz; Doniella	D9	Evergreen Integrative Medicine	B4
ABC Jet Steam	A5	Bodhicitta Healing Center	B17	Feasel; Robert	B7
Abintra Wellness Center	B16	Body Conscious	B22	Feldenkrais Teachers In Seattle	B16
Abrams; Marina	6	Body-Psychotherapy Of Seattle	D8	Feng Shui The Spirit Of Place	A7
Acupuncture Associates	B15	Bodytalk Washington	B6	Fern Life Center	B10
Adamson Chiropractic	6	Bowenwork	B7	Fluoride Filtration	C9
Adolfo; Teri	B17	Boylan; Bridget	B13	Food Day	A6
Advanced Dental Arts	B13	Brewster; Matthew	A3	Free Spirit Weight Release	B24
Advanced Dental Care	13	Brown; Sheryl	D9	Full Circle	C2
Advanced Holistic Health	A18	Butterfly Balance Wellness Cntr	B22	Fuzion Healing Arts	D10
Aesthetic & Family Dentistry	3	Cartridge World - Seattle	A2	Glaub; Dominique	D8
Alexandar Clinic	B25	Cascade Natural Medicine	B4	GNC Factoria Mall	C11
Alexandar School	5	Cascadian Farm	C9	Go Green Conference	A10
Allin; Nancy	D6	Cellular Wisdom	D6	Goddess Sanctuary	B27
Alternative Talk Radio	16	Center For Adv Dental Medicine	5	Grainery; The	C5
Altstadt Interiors	A6	Center For Network Care	7	Green Home Solutions	9
Amen Clinics	2	Central Co-Op	C13	GreenPod	A10
Amma	12	Chaco Canyon Organic Cafe	C7	Grilla Bites	C14
An Inner Resource Service Inc	D7	Channeled Angel Readings	D11	Ground Source Energy NW	A6
Ananda	D4	Chen; Teresa Teli	B24	Habitat for Humanity	A2
Ancient Arts Vet	B21	Chomos; Cynthia	A7	Haller; Nancy	B18
Angelica's Gifts	D4	Conscious Talk	D13	Healing Lights Unlimited	D5
Anita Boser Hellerwork	B25	Cromer; Cheryl	D9	Healing Massage Studio	B20
Annapurna Center; The	B27	Crossroads Dental Inside Back Cover		Healing Touch Washington State	B16
Araya's Vegetarian Place	C8	Crown Hill Pet Supply	C3	Healthful Touch	B16
Aria Environmental	A5	Custom Pure	C13	Healthpoint	8
Arundell; Christine	A10	De Jong's Avondale	A4	Herbalist; The	C11
Aware Eating	B6	Doe Bay Resort And Retreat	D3	Herban Wellness	C5
Baby Diaper Service	A3	Doulaville	B10	Holy Lamb Organics	A9
Bastyr Center For Natural Health	B19	Downsize NW	A7	Inner Source Counseling	D10
Bastyr University Continuing Ed	D3	Dysponosis Project; The	B16	Inner Space Studio	D9
Batt + Lear	A6	East West Bookshop	D6	Integrative Family Natural Health	B9
Bedrooms & More	A8	Eastside Massage Clinic	B13	Iridology & Sclerology	B3
Bellevue Center For Health	B19	Edgewater Building	9	Jen Garden Acupuncture	B17
Bellingham Gluten Info Group	C12	Embrace The Moon	B12	Johnston; Marian	B11
Berg; Jodi	D5	Emerald Center; The	B4	Kadampa Buddhist Center	D4
Bionic Hydrotherapy	B3	Emerald Feng Shui Institute	A7	Kakoczky; Carol	B25
Birthing Inn; The	B10	Entero Design	A10	Kane; Peter	D3
Blue Heron Bakery	C13	Envirostars	12	Kay Lakcy Physical Therapy	B13
Bluespruce; June	D9	Essential Gardeners	A5	Kingsgate Dental Clinic	Backcover

Alphabetical Index of Display Advertisers

Kinney; Kathleen	B3	O'Malley & Potter	B22	Skipley Farm & Borealis	C14
Klein; Polly	B21	Optics One	B3	Sleep Store; The	A9
Kula Movement	B12	Optimal-Self Natural Health	B22	Snohomish Naturopathic Clinic	3
Labay; Mary Lee	D11	Organic Consumers Assoc	C14	Sno-Isle Natural Foods Co-Op	C13
Laney; Kim	B25	Organically Grown	C9	Sodhi; Tejinder	B21
Lifeforce Natural Healing Alt	D10	Pabla Indian Cuisine	C6	Soja; Glenn	B15
Living Shelter Design	A10	Pacific Yurts	A11	Soma Institute	14
Local 360	C6	Patten; Jill	B18	Songcroft Naturals	B10
Longwell; Sue Ellen	D8	Paws	A18	Sonqo	D11
Lucky Palate Foods	C13	People's Memorial Funeral Co-Op	A8	Sound Solutions	A5
Marder; Mitchell	B24	Pompeo's Hair Salon	A3	Striebers Farms	C7
Marlene's Market And Deli	C12	Proctor; Ann	B20	Sunlight Cafe	C4
Messer; Lucinda	B7	Pure O2 Healing	13	Tahoma Clinic & Dispensary	B20
Metamorphosis	B8	Purified Water To Go	C9	Tatanka Take-Out	C4
Michael; Sean	D10	Quantum Possibilities	B22	Tenzing Momo	C5
Moa; Shila	B22	Queen Anne Natural Health	B24	Touched By An Angel	B23
Mountain Beef	C11	Rain City Roling	B24	Traditions Cafe & Folk Art	C5
Movement From Within	B12	Rau; John August	B13	Tru Health	15
Musnick; David	B11	Redirect Guide	B46	Uniquely Natural	A3
Native Springs	B8	Reiki Oasis	D8	Unity House Center	D5
Natural Awakenings Seattle	D8	Rodan+Fields Dermatologists	B13	Unity House Workshops	D11
Nat Choice Dir Willamette Vly	B46	Rose; Janaki	B25	Upchurch; Christine	4
Natural Dental Health	1	Rubin; Paul	B14	Urban Float	B15
Natural Health Center	11	Sacred Light Birth Services	B10	Vegan Haven	C3
Natural Health Med Clinic; The	B4	Salon Pure Genius	A3	Vegetarians Of Washington	C10
Nature Boys Farm & Pet Supply	C3	Salveo Counseling	D12	Vision Quest Bkstore & Wellness	D4
Nature's Market	C9	Schneider; Sandy	B25	Vitamin Life	16
Neufeld-Ellis; Sue	D6	Seal; Tom	Inside Back Cover		
New Health Medical Center	B6	Seattle Cancer	10	We Design	A5
New Leaf Hyperbarics	B3	Seattle Green Earth Cleaning	A5	Wellness Directory, La Conner	A18
New Spirit Journal	A18	Seattle Homeopathy	B19	Wellness Directory, West Sound	B46
New York Life	A3	Seattle Natural Health	B4	WellnessOne	11
Next To Nature	C3	Seattle Natural Mattress	A8	Whitehorse Meadows Farm	C2
Nia Seattle	B12	Seattle Naturopathy Acu & Birth	B17	WomanSpirit Center	D7
Noonan; Misha	B24	Shoreline Solar Project	A2	WuHsing Tao School	B18
Northwest Academy	15	Silence-Heart-Nest Restaurant	C8	Yardley Institute	B19
Northwest Reiki Center	B19	Sims; Linda	D12	Yearout; Douglas R.	B21
Northwest Yoga Conference	D10	Sisters Restaurant; The	C14	Yellow Bear Journeys	D10
Nuccio; Theresa	D9	Skagit River Ranch	C12	Zenith Supplies Inc	D12
Olympia Food Co-Op	C2	Skagit Valley Food Co-Op	C12	Zimmer; Gregory	B14

Creating Beautiful Smiles that are Mercury-Free and Metal-Free

- Open Saturdays
- Night & Sports Guards
- Dental Implants
- Laser Whitening
- Lumineers/Veneers
- Snoring Appliances
- IV/Sleep Sedation
- Safe Mercury Removal
- Biocompatible Materials
- Wisdom Teeth Extraction
- Invisalign® and Ortho Appliances
- Materials Reactivity Testing
- Same Day Emergency Appointments

Crossroads Dental

1811 156 Ave NE, #6, Bellevue, WA 98007
(425) 643-2488 • DrMashoof.com • info@DrMashoof.com



Daniel G. Mashoof
DMD, Prosthodontist

*Certified Biological Dentist
by the International Academy
of Biological Dentistry and
Medicine.*

*Accredited Member of
International Academy of Oral
Medicine & Toxicology*

Holistic Family Dental Care

Empowering you to take greater responsibility for your health

- 3D Cone Beam Imaging
- General Dentistry
- Sedation Dentistry • Implants
- Clear Correct Orthodontics
- Snoring/Sleep Apnea Appliances
- Material Biocompatibility Testing
- One Appointment Crowns and Onlays
- Mobile Dentistry for the Homebound
- Oral Systemic Balance . Qi Gong

*"Thanks Dr. Seal
for my dazzling
new smile!"*

Tom Seal DDS

(425) 823-9000

www.drTomSeal.com

9750 NE 120th Place, Ste 1, Kirkland, WA 98034



Kingsgate Dental Clinic

Your Gateway to Cosmetic Artistry & Quality Dental Care
For the Entire Family



Ann Kelley D.D.S.



Natural Choices

Mercury-free since 1990. Natural tooth colored fillings and metal free crowns, bridges and onlays

Diagnodent

Cavity detection by laser

Digital X-rays

Much less radiation, instant viewing on monitors

Patient Financing Available

Up to 6 months 0% interest

Friday & Evening Appointments Available

Free Comprehensive New Patient Exam and Necessary X-Rays
or Teeth Whitening. Call for details. Certain restrictions apply

12308 NE 144th St. Kirkland . care@kingsgatedental.com
www.kingsgatedental.com . 425.821.9191